



October 2017

Cold Meals

Senior Services of Albany

and the Albany County Department for Aging Nutrition Program

All meals provide ½ pint 1% Milk and Butter Spread. Lower sodium, no added salt products used. Whole wheat and other whole grain products used. Most fruits in juice or unsweetened. Most items are subject to last minute substitutions.
9/29/2017

| Monday 2 | Tuesday 3 | Wednesday 4 | Thursday 5 | Friday 6 | Saturday 7 | Sunday 8 |
|---|---|--|---|--|--|---|
| Turkey Sandwich Carrots & Pineapple Salad Cranberry Juice WW Bread Graham Crackers | Egg Salad Sandwich Pickled Beets Apple Juice Hamburger Bun Lorna Doone | Roast Beef Sandwich Broccoli Salad WW Bread Applesauce w/ Cinnamon | Chicken Salad Sandwich Carrots/Raisin Salad Grape Juice Rye Bread Banana | Peanut Butter Sliced Cucumbers LS Dressing English Muffin Orange Juice Fruited Yogurt | Cottage Cheese w/Pineapple Chunks Three Bean Salad Hamburger Bun Fig Newton | Swiss Cheese Sandwich on Rye with Lettuce Grape Tomatoes Fresh Orange |
| Monday 9 | Tuesday 10 | Wednesday 11 | Thursday 12 | Friday 13 | Saturday 14 | Sunday 15 |
| Meat Loaf Sandwich Hamburger Roll Coleslaw w/Carrots Oatmeal Cookie | Ham Sandwich on Rye Spinach Salad w/Tomatoes French Dressing Pineapple Juice Chocolate Pudding | Cottage Cheese Hard Boiled Egg Carrot Raisin Salad Hamburger Bun Sugar Cookie Fresh Banana | Chicken BLT Pasta Salad w/Lettuce Rye Bread Applesauce | Swiss Cheese Sandwich on Wheat Broccoli Salad Fresh Apple Graham Crackers | Roast Beef Sandwich on Wheat Three Bean Salad V-8 Juice Fig Newton | Tuna Salad Sandwich on Wheat Potato Salad w/Carrots Pears |
| Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 | Saturday 21 | Sunday 22 |
| Peanut Butter & Jelly Sandwich on Wheat Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt | Chicken Salad Sandwich on Wheat Marinated Cucumber & Tomato Salad Pineapple Chunks | Tuna Salad Sandwich on Wheat Bun Spinach Salad w/Tomato & Carrots Italian Dressing Orange | Cottage Cheese w/ Peaches Coleslaw w/ Carrots English Muffins Oatmeal Raisin Cookie | Egg Salad Plate w/Lettuce Pasta Salad w/Broccoli and Tomato Pineapple Juice Wheat Bread Lorna Doone | Ham & Swiss Sandwich on Wheat Carrots & Pineapple Salad Orange Juice Vanilla Pudding | Roast Beef Sandwich on Wheat Bun Three Bean Salad Fig Newton Applesauce |
| Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 | Saturday 28 | Sunday 29 |
| Ham Sandwich Broccoli Salad Raisins Rye Bread Fig Newton | Meatloaf Sandwich Cole Slaw/ Carrots Grape Tomatoes Ranch Dressing Wheat Bread Fresh Orange | Tuna Salad Sandwich on Wheat Spinach Salad w/Tomato & Carrots Dressing Fruit Salad | Swiss Cheese Sandwich Macaroni Salad Pineapple Juice Oatmeal Cookie | Egg Salad Sandwich Carrot & Raisin Salad Grape Juice Fresh Apple | Roast Beef Sandwich on Wheat Bread Potato Salad w/Carrots Cranberry Juice Fruited Yogurt | Cottage Cheese w/Peaches on a bed of Lettuce Pasta & Broccoli Salad Rye Bread Chocolate Pudding |
| Monday 30 | Tuesday 31 | | | | | |
| Swiss Cheese on Wheat Three Bean Salad Fruit Cocktail Lorna Doone | Roast Beef Sandwich Coleslaw w/Carrots Grape Tomato Rye Bread Rice Pudding | | | | | |