



**October  
2018  
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.  
10/1/2018

<b>Monday 1</b>	<b>Tuesday 2</b>	<b>Wednesday 3</b>	<b>Thursday 4</b>	<b>Friday 5</b>	<b>Saturday 6</b>	<b>Sunday 7</b>
<b>Turkey Sandwich w/ Lettuce and Tomato</b> Carrots & Pineapple Salad V-8 Juice Vanilla Wafer Cookies	<b>Egg Salad Sandwich w/ Lettuce</b> Pickled Beets Apple Juice Lorna Doone	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Broccoli Salad Oatmeal Cookie Apple	<b>Chicken Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Grape Juice Fresh Banana	<b>Peanut And Jelly On English Muffin</b> Sliced Cucumbers w/ Ranch Orange Juice Fruited Yogurt	<b>Cottage Cheese w/ Pineapple Chunks</b> Three Bean Salad Dinner Roll Fig Newton	<b>Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes in Ranch Fresh Orange
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Meatloaf Sandwich</b> Coleslaw w/ Carrots Plums Oatmeal Cookie	<b>Ham Sandwich w/ Lettuce and Tomato</b> Spinach Salad w/ French Dressing Fruit Punch Chocolate Pudding	<b>Cottage Cheese w/ Hard Boiled Egg</b> Carrot Raisin Salad Banana Wheat Bread Sugar Cookie	<b>Chicken BLT Pasta Salad</b> Three Bean Salad Rye Bread Applesauce	<b>Swiss Cheese Sandwich w/ Lettuce</b> Three Bean Salad Raisins	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> V-8 Juice Apple Fig Newton	<b>Tuna Salad w/ Lettuce</b> Potato Salads w/ Carrots Grape Juice Lorna Doone
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

<b>Peanut Butter &amp; Jelly Sandwich</b> Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt	<b>Chicken Salad Sandwich w/ Lettuce</b> Marinated Cucumber & Tomato Salad Pineapple Chunks	<b>Tuna Salad Sandwich w/ Lettuce</b> Spinach Salad w/ Italian Dressing Orange Vanilla Wafer Cookies	<b>Cottage Cheese w/ Peaches</b> Coleslaw w/ Carrots Wheat English Muffin Oatmeal Raisin Cookie	<b>Egg Salad Plate w/ Lettuce</b> Pasta Salad w/ Broccoli and Tomatoes Pineapple Orange Juice Whole Wheat Bread Lorna Doone	<b>Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato</b> Carrots & Pineapple Salad Orange Juice Vanilla Pudding	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Three Bean Salad Applesauce Fig Newton
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Ham Sandwich w/ Lettuce and Tomato</b> Broccoli Salad Raisins Fig Newton	<b>Meatloaf Sandwich</b> Coleslaw w/ Carrots Grape Tomatoes Orange	<b>Tuna Salad Sandwich w/ Lettuce</b> Spinach Salad w/ French Dressing Tropical Fruit	<b>Swiss Cheese Sandwich w/ Lettuce</b> V-8 Macaroni Salad Apple	<b>Egg Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Grape Juice Oatmeal Cookie	<b>Cottage Cheese w/ Peaches</b> Pasta Salad w/ Broccoli Rye Bread Chocolate Pudding	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Potato Salad w/ Carrots Pears Vanilla Wafer Cookies
<b>29</b>	<b>30</b>	<b>31</b>				
<b>Swiss Cheese Sandwich w/ Lettuce</b> Three Bean Salad Fruit Cocktail Bread Lorna Doone	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Tomato & Cucumber Salad Rice Pudding	<b>Chef Salad w/ Muenster Cheese Hardboiled Egg</b> Ranch Dressing Dinner Roll Banana				