



**September
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.
9/6/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1	Sunday 2
					Chicken Salad on Wheat Romaine Salad w/ Tomato, Carrots & Cucumber Orange Juice Fruited Yogurt	Cottage Cheese w/ Peaches Pasta Salad V-8 Juice Rye Bread Lorna Doone
3	4	5	6	7	8	9
Swiss Cheese on Wheat Three Bean Salad Mandarin Oranges	Roast Beef Sandwich Pickled Beet Salad Pineapple/ Orange Juice Rye Bread Rice Pudding	Egg Salad Sandwich Cole Slaw w/ Carrots Cucumber Slices Wheat Bread Oatmeal Raisin Cookie	Chicken Salad Sandwich Spinach Salad w/ Carrots Wheat Bread Peaches	Chef Salad w/ Ham, Swiss & Hard Boiled Egg Raisins Dinner Roll Chocolate Chip Cookie	Tuna Salad Sandwich Carrot Raisin Salad Fruit Juice Blend Hamburger bun Melon	Turkey Sandwich Rainbow Pasta Salad Wheat Bread Tropical Fruit

10	11	12	13	14	15	16
Roast Beef Sandwich Broccoli Salad Cranberry Juice Wheat Bread Fig Newton	Peanut Butter & Jelly Sandwich Sliced Cucumber Orange Juice Wheat Bread Oatmeal Raisin Cookie	Cottage Cheese w/ Sliced Strawberries Carrot Raisin Salad Dinner Roll Chocolate Pudding	Ham & Cheese Swiss Sandwich Macaroni Salad Apple Juice Rye Bread Banana	Boiled Egg Three Bean Salad Grape Juice English Muffin Fruited Yogurt	BLT Bow Tie Pasta Salad w/ Chicken Carrot & Pineapple Salad Wheat Bread Lorna Doone	Tuna Salad Sandwich Cole Slaw w/ Carrots Fruit Punch Wheat Bread Tapioca Pudding
17	18	19	20	21	22	23
Roast Beef Sandwich on Rye Macaroni Salad w/ Carrots Apple	Chicken Salad Sandwich on Wheat Carrot Raisin Salad Orange Juice Chocolate Pudding	Turkey Sandwich on Wheat Potato Salad Cranberry Juice Fresh Banana	Peanut Butter & Jelly Grape Tomatoes Wheat Bread Fruited Yogurt	Egg Salad Broccoli Salad Wheat Roll Raisins	Cottage Cheese Three Bean Salad Pineapple Wheat Roll Tapioca Pudding	Swiss Cheese Sandwich w/ Lettuce & Tomato Coleslaw w/ Carrots Rye Bread Fresh Orange
24	25	26	27	28	29	30
Ham Sandwich on Rye Three Bean Salad Orange Juice Chocolate Pudding	Meatloaf Sandwich Hamburger Bun Coleslaw w/ Carrots Apple Juice Sugar Cookie	Cottage Cheese w/ Hard Boiled Egg Pickled Beet Salad Cranberry Juice Dinner Roll Banana	Roast Beef Sandwich on Wheat Spinach Salad w/ Shredded Carrots Strawberries	Chicken BLT Pasta Salad Pineapple Chunks Wheat Bread Oatmeal Cookies	Swiss Cheese w/ Lettuce Potato Salad w/ Carrots Wheat Bread Mandarin Oranges	Tuna Salad on Wheat Broccoli Salad Apple