

		January 2019		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. 1/9/2019		
Cold Meals						
Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	Meatloaf Sandwich Coleslaw w/ Carrots Plums Hamburger Bun Oatmeal Cookie	Ham Sandwich w/ Lettuce and Tomato Spinach Salad w/ French Dressing Fruit Punch Chocolate Pudding	Cottage Cheese w/ Hard Boiled Egg Carrot Raisin Salad Banana Wheat Bread Sugar Cookie	Chicken BLT Pasta Salad Three Bean Salad Rye Bread Applesauce	Swiss Cheese Sandwich w/ Lettuce Three Bean Salad Raisins	Roast Beef Sandwich w/ Lettuce and Tomato V-8 Juice Apple Fig Newton
7	8	9	10	11	12	13
Peanut Butter & Jelly Sandwich Beet & Mandarin Orange Salad V-8 Juice Fruited Yogurt	Chicken Salad Sandwich w/ Lettuce Marinated Cucumber & Tomato Salad Pineapple Chunks	Tuna Salad Sandwich w/ Lettuce Spinach Salad w/ Italian Dressing Orange Vanilla Wafer Cookies	Cottage Cheese w/ Peaches Coleslaw w/ Carrots Wheat English Muffin Oatmeal Raisin Cookie	Egg Salad Plate w/ Lettuce Pasta Salad w/ Broccoli and Tomatoes Pineapple Orange Juice Whole Wheat Bread Lorna Doone	Ham and Swiss Cheese Sandwich w/ Lettuce and Tomato Carrots & Pineapple Salad Orange Juice Vanilla Pudding	Roast Beef Sandwich w/ Lettuce and Tomato Three Bean Salad Applesauce Fig Newton

14	15	16	17	18	19	20
Ham Sandwich w/ Lettuce and Tomato Broccoli Salad Raisins Fig Newton	Meatloaf Sandwich Coleslaw w/ Carrots Grape Tomatoes Orange	Tuna Salad Sandwich w/ Lettuce Spinach Salad w/ French Dressing Tropical Fruit	Swiss Cheese Sandwich w/ Lettuce V-8 Macaroni Salad Apple	Egg Salad Sandwich w/ Lettuce Carrot & Raisin Salad Grape Juice Oatmeal Cookie	Cottage Cheese w/ Peaches Pasta Salad w/ Broccoli Rye Bread Chocolate Pudding	Turkey Sandwich w/ Lettuce and Tomato Potato Salad w/ Carrots Pears Vanilla Wafer Cookies
21	22	23	24	25	26	27
Swiss Cheese Sandwich w/ Lettuce Three Bean Salad Fruit Cocktail Bread Lorna Doone	Roast Beef Sandwich w/ Lettuce and Tomato Tomato & Cucumber Salad Rice Pudding	Chef Salad w/ Muenster Cheese Hardboiled Egg Ranch Dressing Dinner Roll Banana	Chicken Salad Sandwich w/ Lettuce Pasta Salad w/ Broccoli Peaches	Egg Salad Sandwich w/ Lettuce Pickled Beet Salad Mandarin Oranges Vanilla Wafer Cookies	Tuna Salad Sandwich w/ Lettuce Carrot & Raisin Salad Apple	Turkey Sandwich w/ Lettuce and Tomato Coleslaw w/ Carrots Fresh Apple Vanilla Pudding
28	29	30	31			
Ham and Swiss Cheese Sandwich w/ Lettuce Grape Tomatoes with Ranch Fruited Yogurt	Cottage Cheese w/ Pineapple Pasta Salad w/ Broccoli & Tomato Whole Wheat English Muffin Rice Pudding	Tuna Salad Plate w/ Lettuce Chickpea Salad Mandarin Oranges Dinner Roll Oatmeal Cookie	Turkey Sandwich w/ Lettuce and Tomato Carrot & Raisin Salad Applesauce			