



**February  
2019**

**Meals on  
Wheels  
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 are unsweetened. Most items are subject to last minute substitutions. 1/22/2019

<b>Monday, January 28</b>	<b>Tuesday, January 29</b>	<b>Wednesday, January 30</b>	<b>Thursday, January 31</b>	<b>Friday, February 1</b>	<b>Saturday, February 2</b>	<b>Sunday, February 3</b>
				Egg Salad Sandwich w/Lettuce Three Bean Salad V-8 Juice Chocolate Pudding	Roast Beef Sandwich w/Lettuce & Tomato Coleslaw w/Carrots Orange Lorna Doone	Peanut Butter & Jelly on English Muffin Carrot & Pineapple Salad Banana
<b>Monday, February 4</b>	<b>Tuesday, February 5</b>	<b>Wednesday, February 6</b>	<b>Thursday, February 7</b>	<b>Friday, February 8</b>	<b>Saturday, February 9</b>	<b>Sunday, February 10</b>
Turkey Sandwich w/Lettuce & Tomato Carrots & Pineapple Salad V-8 Juice Vanilla Wafer Cookies	Egg Salad Sandwich w/Lettuce Pickled Beets Apple Juice Lorna Doone	Roast Beef Sandwich w/Lettuce & Tomato Broccoli Salad Oatmeal Cookie Apple	Chicken Salad Sandwich w/Lettuce Carrot & Raisin Salad Grape Juice Fresh Banana	Peanut Butter & Jelly Sandwich on English Muffin Sliced Cucumbers w/Ranch Orange Juice Fruited Yogurt	Cottage Cheese w/Pineapple Chunks Three Bean Salad Dinner Roll Fig Newton	Swiss Cheese Sandwich w/Lettuce Grape Tomatos in Ranch Fresh Orange

<b>Monday, February 11</b>	<b>Tuesday, February 12</b>	<b>Wednesday, February 13</b>	<b>Thursday, February 14</b>	<b>Friday, February 15</b>	<b>Saturday, February 16</b>	<b>Sunday, February 17</b>
<b>Meatloaf Sandwich</b> Coleslaw w/Carrots Plums Oatmeal Cookie	<b>Ham Sandwich w/Lettuce &amp; Tomato</b> Spinach Salad w/French Dressing Fruit Punch Rye Bread 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 &amp; Tomato</b> V-8 Juice Apple Fig newton	<b>Tuna Salad w/ Lettuce</b> Potato Salads w/Carrots Grape Juice Lorna Doone
<b>Monday, February 18</b>	<b>Tuesday, February 19</b>	<b>Wednesday, February 20</b>	<b>Thursday, February 21</b>	<b>Friday, February 22</b>	<b>Saturday, February 23</b>	<b>Sunday, February 24</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 Muffin Oatmeal Raisin Cookie	<b>Egg Salad Plate w/Lettuce</b> Pasta Salad w/Broccoli & Tomatoes Pineapple/Orange Juice Whole Wheat Bread Lorna Doone	<b>Ham &amp; Swiss Cheese Sandwich w/Lettuce &amp; Tomato</b> Carrots & Pineapple Salad Orange Juice Vanilla Pudding	<b>Roast Beef Sandwich w/Lettuce &amp; Tomato</b> Three Bean Salad Applesauce Fig Newton
<b>Monday, February 25</b>	<b>Tuesday, February 26</b>	<b>Wednesday, February 27</b>	<b>Thursday, February 28</b>			
<b>Ham Sandwich w/Lettuce &amp; 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			