



**March  
2019**

**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.  
3/1/2019

Monday	Tuesday	Wednesday	Thursday	Friday <sup>1</sup>	Saturday <sup>2</sup>	Sunday <sup>3</sup>
				<b>Egg Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Grape Juice <i>Oatmeal Cookie</i>	<b>Cottage Cheese w/ Peaches on a bed of Lettuce</b> Pasta Salad w/ Broccoli Rye Bread <i>Chocolate Pudding</i>	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Potato Salad w/ Carrots Pears <i>Vanilla Wafer Cookies</i>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Swiss Cheese Sandwich w/ Lettuce</b> Three Bean Salad Fruit Cocktail Bread <i>Lorna Doone</i>	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Tomato & Cucumber Salad <i>Rice Pudding</i>	<b>Chef Salad w/ Muenster Cheese Hardboiled Egg</b> Ranch Dressing Dinner Roll <i>Banana</i>	<b>Chicken Salad Sandwich w/ Lettuce</b> Pasta Salad w/ Broccoli <i>Peaches</i>	<b>Egg Salad Sandwich w/ Lettuce</b> Pickled Beet Salad Mandarin Oranges <i>Vanilla Wafer Cookies</i>	<b>Tuna Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad <i>Apple</i>	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Coleslaw w/ Carrots Fresh Apple <i>Vanilla Pudding</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Ham and Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes with Ranch <i>Fruited Yogurt</i>	<b>Cottage Cheese w/ Pineapple on a bed of Lettuce</b> Pasta Salad w/ Broccoli & Tomato Whole Wheat English Muffin <i>Rice Pudding</i>	<b>Tuna Salad Plate w/ Lettuce</b> Chickpea Salad Mandarin Oranges Dinner Roll <i>Oatmeal Cookie</i>	<b>Turkey Sandwich w/ Lettuce and Tomato</b> Carrot & Raisin Salad <i>Applesauce</i>	<b>Egg Salad Sandwich w/ Lettuce</b> Three Bean Salad V-8 Juice <i>Chocolate Pudding</i>	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Coleslaw w/ Carrots Orange <i>Lorna Doone</i>	<b>Peanut Butter &amp; Jelly on English Muffin</b> Carrot & Pineapple Salad <i>Banana</i>

18	19	20	21	22	23	24
<b>Turkey Sandwich w/ Lettuce and Tomato</b> Carrots & Pineapple Salad V-8 Juice <i>Vanilla Wafer Cookies</i>	<b>Egg Salad Sandwich w/ Lettuce</b> Pickled Beets Apple Juice <i>Lorna Doone</i>	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> Broccoli Salad <i>Oatmeal Cookie Apple</i>	<b>Chicken Salad Sandwich w/ Lettuce</b> Carrot & Raisin Salad Grape Juice <i>Fresh Banana</i>	<b>Peanut And Jelly On English Muffin</b> Sliced Cucumbers w/ Ranch Orange Juice <i>Fruited Yogurt</i>	<b>Cottage Cheese w/ Pineapple Chunks On a bed of Lettuce</b> Three Bean Salad Dinner Roll <i>Fig Newton</i>	<b>Swiss Cheese Sandwich w/ Lettuce</b> Grape Tomatoes in Ranch Fresh Orange
25	26	27	28	29	30	31
<b>Meatloaf Sandwich</b> Coleslaw w/ Carrots Plums <i>Oatmeal Cookie</i>	<b>Ham Sandwich w/ Lettuce and Tomato</b> Spinach Salad w/ French Dressing Fruit Punch Rye Bread <i>Chocolate Pudding</i>	<b>Cottage Cheese w/ Hard Boiled Egg</b> Carrot Raisin Salad Banana Wheat Bread <i>Sugar Cookie</i>	<b>Chicken BLT Pasta Salad</b> Rye Bread <i>Applesauce</i>	<b>Swiss Cheese Sandwich w/ Lettuce</b> Three Bean Salad <i>Raisins</i>	<b>Roast Beef Sandwich w/ Lettuce and Tomato</b> V-8 Juice Apple <i>Fig Newton</i>	<b>Tuna Salad w/ Lettuce</b> Potato Salads w/ Carrots Grape Juice <i>Lorna Doone</i>