



**May
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.
4/23/2019

Monday	Tuesday	Wednesday1	Thursday2	Friday3	Saturday4	Sunday5
		Roast Beef Sandwich Pickled Beet Salad Pineapple Orange Juice Rye Bread Fig Newton	Chicken Salad Sandwich V-8 Juice String Cheese Whole Wheat Bread Peaches	Chef Salad w/Swiss Cheese and Hard Boiled Egg, Romaine lettuce , Tomatoes, Carrots and Cucumbers Dinner Roll Melon In Season	Tuna Salad Sandwich Carrot Raisin Salad Fruit Juice Whole Wheat Bun Chocolate Chip Cookie	Turkey Sandwich Rainbow Pasta Salad Whole Wheat Bread Applesauce
6	7	8	9	10	11	12
Roast Beef Sandwich Broccoli Salad Fruit Juice Whole Wheat Bread Fig Newton	Peanut Butter and Jelly Sandwich Grape Tomatoes Orange Juice Whole Wheat Bread Oatmeal Raisin Cookie	Cottage Cheese w/Strawberries Carrot Raisin Salad Dinner Roll Chocolate Pudding	Ham & Swiss Sandwich Macaroni Salad Coleslaw w/ Carrots Rye Bread Banana	1 Hard Boiled Egg Three Bean Salad Pears Whole Wheat Muffin Fruited Yogurt	Tuna Salad Sandwich Carrots & Pineapple Salad Fruit Punch Whole Wheat Bread Lorna Doone	Chicken BLT Pasta Salad Dinner Salad V-8 Juice Whole Wheat Bread Tapioca Pudding
13	14	15	16	17	18	19
Roast Beef Sandwich Macaroni Salad w/ Carrots V-8 Juice Rye Bread Apple	Chicken Salad Sandwich Carrot Raisin Salad Whole Wheat Bread Pears	Peanut Butter and Jelly Sandwich Grape Tomatoes Whole Wheat Bread Fruited Yogurt	Turkey Sandwich Potato Salad Grape Juice Whole Wheat Bread Chocolate Pudding	Egg Salad Sandwich Broccoli Salad Whole Wheat Bread Raisins	Cottage Cheese w/Pineapple Chunks Three Bean Salad Dinner Roll Tapioca Pudding	Swiss Cheese Sandwich w/ Lettuce and Tomato Coleslaw w/Carrots Rye Bread Fresh Orange

20	21	22	23	24	25	26
Ham Sandwich Pickled Beet Salad Orange Juice Rye Bread Chocolate Pudding	Meatloaf Sandwich Coleslaw w/Carrots Apple Juice Whole Wheat Bun Sugar Cookie	Roast Beef Sandwich Spinach Salad w/Shredded Carrots Whole Wheat Bread Strawberries	Cottage Cheese w/Hard Boiled Egg Three Bean Salad Grape Juice Dinner Roll Fig Newton	Chicken BLT Pasta Salad Pineapple Chunks Whole Wheat Bread Oatmeal Cookie	Swiss Cheese and Lettuce Sandwich Potato Salad w/Carrots Whole Wheat Bread Mandarin Oranges	Tuna Salad Sandwich Broccoli Salad String Cheese Whole Wheat Bread Apple
27	28	29	30	31		
Egg Salad Sandwich Broccoli Pasta Salad Whole Wheat Bread Pears	Tuna Salad Sandwich Spinach Mandarin Salad Whole Wheat Bread Lorna Doone	Cottage Cheese w/Hard Boiled Egg Carrot Raisin Salad Orange Juice Whole Wheat Bread Banana	Chicken Salad Sandwich Marinated Tomato & Cucumber Salad Whole Wheat Bread Mandarin Oranges	Ham & Swiss Cheese Sandwich Shredded Carrots w/ Pineapple Rye Bread Chocolate Pudding		