



**November
2020
Cold Meals**

LifePath
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.
10/30/2020

						Sunday 1
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
						Turkey Sandwich w/ Lettuce & Tomato Cole Slaw w/ Carrots Apple Whole Wheat Bread Mayo Vanilla Pudding
Ham & Swiss Cheese Sandwich Grape Tomatoes Ranch Dressing Whole Wheat Bread Mustard Fruited Yogurt	Cottage Cheese & Pineapple w/ Lettuce Pasta Salad w/ Broccoli Whole Wheat Bagel Rice Pudding	Tuna Salad Plate On Bed Of Lettuce Chickpea Salad Mandarin Oranges Whole Wheat Bread Oatmeal Cookie	Turkey Sandwich w/ Lettuce & Tomato Carrot & Raisin Salad Whole Wheat Bread Mayo Applesauce	Egg Salad Sandwich w/ Lettuce Three Bean Salad V-8 Juice Whole Wheat Hamburger Bun Chocolate Pudding	Roast Beef Sandwich w/Lettuce & Tomato Cole Slaw w/ Carrots Orange Whole Wheat Bread Mayo Lorna Doone Cookies	Peanut Butter & Jelly On Whole Wheat Bagel Carrot & Pineapple Salad Banana
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
Swiss Cheese Sandwich w/ Lettuce Carrots & Pineapple Salad V-8 Juice Whole Wheat Bread Mayo Oreo Cookies	Egg Salad Sandwich w/ Lettuce Pickled Beets Apple Juice Whole Wheat Hamburger Bun Lorna Doone Cookies	Roast Beef Sandwich w/ Lettuce & Tomato Broccoli Salad Apple Whole Wheat Bread Mayo Oatmeal Cookie	Chicken Salad Sandwich w/ Lettuce Carrot & Raisin Salad Grape Juice Whole Wheat Bread Banana	Peanut Butter w/ Whole Wheat Bagel Sliced Cucumbers Ranch Dressing Orange Juice Fruited Yogurt	Cottage Cheese w/Pineapple Chunks On Bed Of Lettuce Three Bean Salad Whole Wheat Bread Fig Newton's	Turkey Sandwich w/ Swiss Cheese Grape Tomatoes Ranch Dressing Whole Wheat Bread Mustard Orange

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Meatloaf Sandwich Coleslaw w/ Carrots Fruit Cocktail Whole Wheat Hamburger Bun Ketchup Oatmeal Cookie	Ham Sandwich w/ Lettuce & Tomato Spinach Salad w/ Tomato French Dressing Fruit Juice Whole Wheat Bread Mustard Chocolate Pudding	Cottage Cheese On Bed Of Lettuce w/ Hard Boiled Egg Carrot & Raisin Salad Banana Whole Wheat Bread Sugar Cookie	Chicken BLT Pasta Salad On Bed Of Lettuce BBQ & Ranch Dressing Pickled Beet Salad Whole Wheat Bread Pineapple Chunks	Swiss Cheese Sandwich w/ Lettuce Three Bean Salad Whole Wheat Bread Mustard Raisins	Roast Beef Sandwich w/ Lettuce & Tomato V-8 Juice Apple Whole Wheat Bread Mayo Fig Newton's	Tuna Salad w/ Lettuce Potato Salad w/ Carrots Grape Juice Whole Wheat Bread Lorna Doone Cookies
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Peanut Butter & Jelly Sandwich Beet Salad V-8 Juice Whole Wheat Bread Fruited Yogurt	Chicken Salad Sandwich w/ Lettuce Marinated Cucumber & Tomato Salad Whole Wheat Bread Pineapple Chunks	Tuna Salad Sandwich w/ Lettuce Spinach Salad w/ Tomato & Carrots Italian Dressing Orange Whole Wheat Hamburger Bun Oreo Cookies	Cottage Cheese w/ Peaches On Bed Of Lettuce Coleslaw w/ Carrots Whole Wheat Bagel Oatmeal Raisin Cookie	Egg Salad Plate w/ Lettuce Pasta Salad w/ Broccoli & Tomato Pineapple-Orange Juice Whole Wheat Bread Lorna Doone Cookies	Ham & Swiss Cheese Sandwich w/ Lettuce & Tomato Carrots & Pineapple Salad Orange Juice Whole Wheat Bread Mustard Vanilla Pudding	Roast Beef Sandwich w/ Lettuce & Tomato Three Bean Salad Applesauce Whole Wheat Hamburger Bun Mayo Fig Newton's
Monday 30						
Ham & Swiss Cheese Sandwich Pasta Salad Raisins Whole Wheat Bread Mustard Fig Newton's						