



**November
2020
Hot 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
						Chicken & Rice Peas Whole Wheat Bread Tropical Fruit Salad
Mac & Cheese Stewed Tomatoes Peaches Whole Wheat Bread Sugar Cookie	Pork Roast w/ Gravy Seasoned Oven Roasted Sweet Potatoes Peas & Carrots Whole Wheat Bread Apple	Chicken Teriyaki Asian Vegetables Rice Whole Wheat Bread Apple	Savory Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Vanilla Pudding	2-Lasagna Roll-Ups w/ Marinara Sauce & Parmesan Cheese Italian Blend Vegetables Whole Wheat Bread Mandarin Oranges	Rosemary Chicken Sweet Baked Yams California Blend Vegetables Whole Wheat Bread Fruit Cocktail	Hungarian Goulash w/ Tomato Sauce Brussels Sprouts Apple Juice Whole Wheat Bread Vanilla Pudding
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
Lemon Garlic Fish Mashed Butternut Squash Spinach Whole Wheat Bread Tapioca Pudding	Meatloaf w/ Tomato Gravy Seasoned Oven Roasted Potatoes Cauliflower Apple Juice Whole Wheat Bread Pound Cake	Honey Mustard Chicken Seasoned Zucchini & Tomatoes Rice Whole Wheat Bread Fruit Cocktail	Beef Stew V-8 Juice Whole Wheat Bread Chocolate Pudding	Mac & Cheese Stewed Tomatoes Blended Fruit Juice Whole Wheat Bread Brownie	Beef Tips w/ Gravy Carrots Mandarin Oranges Egg Noodles Whole Wheat Bread Chocolate Pudding	Ham & Bean Casserole Green Beans Peaches Corn Bread Sugar Cookie

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Chicken Cacciatore California Blend Vegetables Noodles Whole Wheat Bread Vanilla Pudding	Cheeseburger w/ Swiss Cheese Oven Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Hamburger Bun Ketchup Cake	Roast Pork w/ Gravy Seasoned Oven Roasted Potatoes Prince Edward Island Blend Vegetables Whole Wheat Bread Applesauce	Shepherd's Pie w/ Gravy Green Beans Whole Wheat Bread Fruit Cocktail	Baked Fish w/ Tartar Sauce Baked Sweet Potatoes Peas Blended Fruit Juice Whole Wheat Bread Brownie	Chicken w/ Peach Sauce Broccoli Brown Rice Whole Wheat Bread Fruited Yogurt	Pepper Steak w/ Onions Mashed Potatoes Peas & Carrots Whole Wheat Bread Peaches
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Chili Con Carne Spinach Corn Bread Apple	Baked Fish w/ Lemon Herb Sauce Stewed Tomatoes Grape Juice Brown Rice Whole Wheat Bread Vanilla Pudding	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Parsley Carrots Apple Juice Whole Wheat Bread Chocolate Chip Cookie	Turkey Tetrazzini w/ Peas Beets Penne Pasta Whole Wheat Bread Mandarin Oranges	Meatless Baked Ziti w/ Parmesan Cheese & Tomato Sauce Italian Blend Vegetables Pears Whole Wheat Bread Chocolate Pudding	American Goulash w/ Tomato Sauce Peas & Carrots Whole Wheat Bread Peaches	Italian Herbed Chicken Whipped Sweet Potatoes Broccoli Whole Wheat Bread Sugar Cookie
Monday 30						
Penne Pasta w/ Meat Sauce Italian Blend Vegetables Whole Wheat Bread Tapioca Pudding						