

*Happy
New Year
2021*

**January
2021
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.
1/4/2021

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				Swiss Cheese Sandwich w/ Lettuce Coleslaw w/ Carrots 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
4	5	6	7	8	9	10
Peanut Butter & Jelly Sandwich Beet & Mandarin Orange 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/ Tomatoes & Carrots Italian Dressing Orange Whole Wheat Hamburger Bun Applesauce Cake	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 & Tomatoes 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
11	12	13	14	15	16	17
Meatloaf Sandwich Pasta Salad Raisins Orange Juice Whole Wheat Bread Mustard Fig Newton's	Ham & Swiss Cheese Sandwich Coleslaw w/ Carrots Grape Tomatoes w/ Ranch Dressing Whole Wheat Bread Applesauce	Tuna Salad Sandwich w/ Lettuce Spinach Salad w/ Tomatoes & Carrots French Dressing Whole Wheat Bread Tropical Fruit Salad	Swiss Cheese Sandwich w/ Lettuce V-8 Juice Macaroni Salad Whole Wheat Bread Mustard Apple	Egg Salad Sandwich w/ Lettuce Carrots & Raisin Salad Grape Juice Whole Wheat Bread Oatmeal Cookie	Cottage Cheese w/ Peaches On Bed Of Lettuce Pasta Salad w/ Broccoli Whole Wheat Bread Chocolate Pudding	Turkey Sandwich w/ Lettuce & Tomato Potato Salad w/ Carrots Pears Whole Wheat Bread Mayo Oreo Cookies

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Swiss Cheese Sandwich w/ Lettuce Three Bean Salad Mandarin Oranges Whole Wheat Bread Mustard Lorna Doone Cookies	Roast Beef Sandwich w/ Lettuce & Tomato Tomatoes & Cucumber Salad Whole Wheat Bread Mayo Rice Pudding	Cottage Cheese w/ Pineapple On Lettuce Pasta Salad w/ Broccoli & Tomatoes Whole Wheat Bagel Banana	Chicken Salad Sandwich w/ Lettuce Carrots & Raisin Salad Whole Wheat Bread Peaches	Egg Salad Sandwich w/ Lettuce Pickled Beet Salad Fruit Cocktail Whole Wheat Bread Fig Newton's	Tuna Salad Sandwich w/ Lettuce Carrots & Raisin Salad Whole Wheat Hamburger Bun Apple	Turkey Sandwich w/ Lettuce & Tomato Coleslaw w/ Carrots Apple Whole Wheat Bread Mayo Vanilla Pudding
25	26	27	28	29	30	31
Ham & Swiss Cheese Sandwich Grape Tomatoes w/ Ranch Dressing Apple Juice Whole Wheat Bread Mustard Fruited Yogurt	Cottage Cheese w/ Pineapple On Lettuce Pasta Salad w/ Broccoli & Tomatoes 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 Carrots & 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 Coleslaw w/ Carrots Orange Whole Wheat Bread Mayo Lorna Doone Cookies	Peanut Butter On Whole Wheat Bagel Carrots & Pineapple Salad Banana