

*Happy
New Year
2021*

**January
2021
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.
1/4/2021

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
				Baked Fish w/ Tartar Sauce Peas Baked Sweet Potatoes Pineapple-Orange Juice Whole Wheat Bread Brownie	Chicken w/ Peach Sauce Broccoli Apple Juice Brown Rice Whole Wheat Bread Fruited Yogurt	Pepper Steak w/ Onions Mashed Potatoes Peas & Carrots Whole Wheat Bread Peaches
4	5	6	7	8	9	10
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 Whole Wheat Bread Chocolate Chip Cookie	Chicken Jambalaya Green Beans Whole Wheat Bread Brownie	Meatless Baked Ziti w/ Tomato Sauce Italian Blend Vegetables Whole Wheat Bread Chocolate Pudding	American Goulash w/ Tomato Sauce Peas & Carrots Whole Wheat Bread Apricots	Italian Herbed Chicken Whipped Sweet Potatoes Broccoli Whole Wheat Bread Sugar Cookie
11	12	13	14	15	16	17
Penne Pasta w/ Meat Sauce Italian Blend Vegetables Whole Wheat Bread Tapioca Pudding	BBQ Pulled Pork Seasoned Red Roasted Potatoes Coleslaw w/ Carrots Whole Wheat Hamburger Bun Cinnamon Applesauce	Spanish Rice Carrots Corn Bread Pound Cake	Turkey Tetrazzini w/ Peas Beets Whole Wheat Bread Mandarin Oranges	Lemon Oregano Fish Seasoned Zucchini & Tomatoes Mashed Potatoes Whole Wheat Bread Fruit Cocktail	Meatloaf w/ Gravy Mashed Sweet Potatoes Broccoli Whole Wheat Bread Mandarin Oranges	Tuna Noodle Casserole Green Beans Pineapple Chunks Whole Wheat Bread Lorna Doone Cookies

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Chicken Chow Mein Asian Vegetables Apple Juice Whole Wheat Bread Orange	Roast Turkey w/ Gravy Mashed Potatoes Carrots Whole Wheat Stuffing Peaches	Sweet & Sour Pork Broccoli Rice Whole Wheat Bread Pineapple Chunks	Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans Corn Bread Applesauce	Potato Crunch Fish Seasoned Oven Roasted Potatoes Spinach Whole Wheat Bread Lemon Cake w/ Frosting	Beef Stroganoff Brussels Sprouts Blended Juice Whole Wheat Bread Chocolate Chip Cookie	Chicken & Rice Peas Tomato Juice Whole Wheat Bread Tropical Fruit Salad
25	26	27	28	29	30	31
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 Pineapple Chunks	Savory Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Vanilla Pudding	2-Lasagna Roll- Ups w/ Marinara Sauce 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 Lemon Pudding