

SENECA COUNTY OFFICE FOR THE AGING

November 2016

DEB DILALLO, NUTRITION SERVICES COORDINATOR  
 ANGELA M. REARDON, DIRECTOR  
 CONTRIBUTIONS: \$2.25/CONGREGATE MEAL-PERSON 60+  
 \$2.25/WIN HOME DELIVERED MEAL (HOT)  
 \$1.75/WIN HOME DELIVERED MEAL (COLD)

OVID (607) 869-2275  
 TRUMANSBURG CHURCH (607) 387-3015  
 WATERLOO COUNTY COMPLEX (315) 539-1765  
 OVID OFFICE (607) 869-9420



<p>Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</p>	<p>BBQ Pork on Bun Roasted Sweet &amp; White Potatoes Succotash Mandarin Oranges</p> <p style="text-align: right;">1</p>	<p>Chicken &amp; Biscuits Carrots Fresh Fruit</p> <p style="text-align: right;">2</p>	<p>Swiss Steak w/ Gravy Mashed Potato Cauliflower Carrot Cake w/ Icing</p> <p style="text-align: right;">3</p>	<p>Taco Pie California Mixed Vegetables Peaches w/ Whipped Topping</p> <p style="text-align: right;">4</p>
<p>Breaded Pork Chop Baked Potato Creamed Corn Sherbet</p> <p style="text-align: right;">7</p>	<p style="text-align: center;"><b><u>CLOSED</u></b></p>  <p style="text-align: right;">8</p>	<p>Turkey &amp; Rice Casserole Steamed Baby Carrots Warm Spiced Apple Slices</p> <p style="text-align: right;">9</p>	<p>Goulash Peas w/ Pearl Onions Tossed Salad Diced Pears</p> <p style="text-align: right;">10</p>	<p style="text-align: center;"><b><u>CLOSED</u></b> <b>VETERANS DAY</b></p>  <p style="text-align: right;">11</p>
<p>Spaghetti &amp; Meatballs Broccoli Garlic Bread Mandarin Oranges</p> <p style="text-align: right;">14</p>	<p>BBQ Chicken Sandwich Au Gratin Potatoes Mixed Vegetables Cookies*</p> <p style="text-align: right;">15</p>	<p>Creamed Cod Boiled Potatoes Beets Fruit Crisp w/ Whipped Topping</p> <p style="text-align: right;">16</p>	<p>Stuffed Pepper Winter Mixed Vegetables Dinner Roll Pineapple</p> <p style="text-align: right;">17</p>	<p>Chicken Stew Green &amp; Yellow Beans Biscuit Applesauce</p> <p style="text-align: right;">18</p>
<p>Hamburger on Bun Baked Beans Mixed Vegetables Pineapple</p> <p style="text-align: right;">21</p>	<p style="text-align: center;"><b><u>Thanksgiving Lunch</u></b></p> <p>Roasted Turkey w/ Gravy Mashed Potatoes Green Bean Casserole Pie</p> <p style="text-align: right;">22</p>	<p>Vegetable Lasagna Broccoli Salad Orange</p> <p style="text-align: right;">23</p>	<p style="text-align: center;"><b><u>CLOSED</u></b></p>  <p style="text-align: right;">24</p>	<p style="text-align: center;"><b><u>CLOSED</u></b> <b>HOLIDAY</b></p>  <p style="text-align: right;">25</p>
<p>Macaroni &amp; Cheese Brussel Sprouts Tossed Salad Banana</p> <p style="text-align: right;">28</p>	<p>Meat Loaf Italiano Mashed Potatoes Roasted Cabbage &amp; Carrots Mandarin Oranges</p> <p style="text-align: right;">29</p>	<p>Turkey Tetrazzini Beets Dinner Roll Fruited Jell-O*</p> <p style="text-align: right;">30</p>	<p style="text-align: center;"><b><u>Meal Charge</u></b></p> <p style="text-align: center;"><b>\$3.50</b></p> <p>Congregate Meal for Guests and OFA Staff under 60.</p>	<p>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p>

**LUNCH IS SERVED AT 12 NOON! RESERVATIONS REQUIRED BY NOON THE DAY BEFORE YOU PLAN TO ATTEND. CANCELLATIONS REQUIRED BY NOON THE DAY BEFORE YOU PLANNED TO ATTEND OR NO LATER THAN 9:00 ON THE DAY OF RESERVATIONS. ALL MENU'S ARE SUBJECT TO CHANGE WITHOUT NOTICE.**