

SENECA COUNTY OFFICE FOR THE AGING

December 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)

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><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.</p>	<p>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute </p>	<p>Baked Italian Chicken Roasted Sweet & White Potatoes Mixed Vegetables Chocolate Cake w/ Peppermint Frosting* 1</p>	<p>Swedish Meatballs w/ Gravy Buttered Noodles Yellow & Green Beans Peaches 2</p>
<p>Baked Fish Fillet w/ Salsa Roasted Potatoes Seasoned Peas Vanilla Pudding* 5</p>	<p>Beef Stew Baby Carrots  Biscuit Mandarin Oranges 6</p>	<p>Spanish Rice Broccoli & Cauliflower Peach Crisp w/ Whipped Topping 7</p>	<p>Vegetable Lasagna Italian Green Beans w/ Garlic Cookies* 8</p>	<p>Porkloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit 9</p>
<p>Baked Ziti Spinach Garlic Bread Ice Cream* 12</p>	<p>Hot Turkey Sandwich w/ Gravy Stuffing Peas & Carrots Fruit 13</p>	<p>BBQ Chicken Baked Potato Broccoli Butterscotch Pudding* 14</p>	<p>Hamburger on Bun Baked Beans Green Beans Pears 15 </p>	<p>Sweet & Sour Pork Roast Rice Pilaf Oriental Vegetables Mandarin Oranges 16</p>
<p> Goulash Green Beans Pudding* 19</p>	<p>Broccoli & Cheese Quiche Roasted Potatoes Tossed Salad Cookies* 20</p>	<p>Breaded Pork Cutlet w/ Country Gravy Garden Rice Vegetable Blend Fruit 21</p>	<p><u>Holiday Dinner</u> Sliced Beef w/ Gravy Mashed Potatoes Garden Vegetable Blend Pie 22</p>	<p>Fish Sandwich Baked Potato Carrots Fruit 23</p>
<p> CLOSED Happy Holidays 26</p>	<p>Turkey A La King Garlic Green Beans Biscuit Fruit 27</p>	<p>BBQ Chicken on Bun Roasted Potato Cauliflower Pears 28</p>	<p><u>New Year's Dinner</u> Sliced Ham w/ Cranberry Glaze Mashed Sweet Potatoes Mixed Vegetables Chocolate Raspberry Trifle* 29</p>	<p> <u>Chef's Choice</u> 30</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.