

SENECA COUNTY OFFICE FOR THE AGING

February 2017

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>Baked Chicken Parsley Potato Mixed Vegetables Pudding*</p> <p style="text-align: right;">1</p>	<p>Sloppy Joe French Fries Green Beans Birthday Cake*</p> <p style="text-align: right;">2</p>	<p>Hamburger Tater Tots Spinach Fruit</p> <p style="text-align: right;">3</p>
<p>Tuna Noodle Casserole Peas &amp; Carrots Yogurt</p> <p style="text-align: right;">6</p>	<p>Chicken Patty on Bun Cheesy Potato Brussel Sprouts Fresh Fruit</p> <p style="text-align: right;">7</p>	<p>Swiss Steak w/ Tomato Sauce Mashed Potatoes Lima Beans Ice Cream*</p> <p style="text-align: right;">8</p>	<p>Goulash Seasoned Spinach Pudding*</p> <p style="text-align: right;">9</p>	 <p><b>Chef's Choice</b></p> <p style="text-align: right;">10</p>
<p>Breaded Pork Cutlet w/ Sweet &amp; Sour Sauce Mashed Sweet Potatoes Oriental Vegetables Cookies*</p> <p style="text-align: right;">13</p>	<p><b><u>Valentine's Lunch</u></b> Baked Chicken Parmesan Pasta w/ Sauce Roasted Vegetables Cup Cake*</p> <p style="text-align: right;">14</p>	<p>Swiss Steak w/ Mushroom Sauce Mashed Potatoes Mixed Vegetables Peach Crisp</p> <p style="text-align: right;">15</p>	<p>Turkey &amp; Rice Casserole Cauliflower &amp; Broccoli Apple</p>  <p style="text-align: right;">16</p>	<p>Fish Sandwich Baked Potato Sliced Carrots Fruited Jello*</p> <p style="text-align: right;">17</p>
 <p style="text-align: right;">20</p>	<p>Chicken A La King Rice Peas &amp; Carrots Fruit Crisp</p> <p style="text-align: right;">21</p>	<p>BBQ Pork on Bun Baked Potato Corn Fruited Jello*</p> <p style="text-align: right;">22</p>	<p>Spaghetti &amp; Meat Sauce Cauliflower Tossed Salad Fruit</p> <p style="text-align: right;">23</p>	<p>Baked Fish Rice Pilaf Coleslaw Pudding*</p> <p style="text-align: right;">24</p>
<p>Chicken Sandwich Buttered Pasta Dill Baby Carrots Sliced Peaches</p> <p style="text-align: right;">27</p>	<p>Beef Stew Green Beans Mandarin Oranges</p> <p style="text-align: right;">28</p>	<p><b>Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</b></p>	<p><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><b>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</b></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.**