


SENECA COUNTY OFFICE FOR THE AGING

June 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



Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.	<u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.	*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute	McRib Au Gratin Potatoes Beets White Cake w/ Chocolate Frosting* 1	<u>COLD PLATE</u> Chicken Salad Tortellini Salad Ice Box Salad Ice Cream* 2
Swedish Meatballs Noodles Beets Mandarin Oranges 5	Turkey & Rice Casserole Spinach Fruited Jello* 6	Baked Chicken Roasted Potatoes Carrots Sliced Peaches w/ Whipped Topping 7	Pork Cutlet w/ Gravy Mashed Potatoes Winter Squash Pudding* 8	Hamburger on Bun Roasted White & Sweet Potatoes Seasoned Beans Fruit Crisp 9
Summer Pasta w/ Sausage Tossed Salad Broccoli Cookie* 12	<u>COLD PLATE</u> Turkey Potato Salad Beets & Onion Salad Orange 13	Hot Dog w/ Sauerkraut Baked Beans Seasoned Carrots Pudding* 14	Italian Breaded Chicken Mashed Potatoes Zucchini/Tomato Brownie* 15	Beef Stew Seasoned Beans Biscuit Strawberries 16
Chicken Broccoli Alfredo Linguini Assorted Vegetables Chocolate Mousse* 19	Sloppy Joe Potato Casserole Spinach Salad Sherbet 20	Meat Loaf Mashed Potatoes Yellow Beans Pears 21	Spaghetti w/ Meatballs Spinach Fruit Crisp* 22	BBQ Chicken Mashed Potatoes Corn Cup Cake* 23
 CHEFS CHOICE 26	<u>COLD PLATE</u> Salmon Salad Macaroni Salad Broccoli Salad Pudding* 27	Hot Turkey Sandwich Mashed Potatoes Carrots Mandarin Oranges 28	Macaroni & Cheese Stewed Tomatoes Tossed Salad Fruit Crisp* 29	Fish Sandwich Baked Potato Seasoned California Vegetables Cookie* 30

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.