

SENECA COUNTY OFFICE FOR THE AGING

August 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><u>Meal Charge</u></p> <p align="center">\$3.50</p> <p>Congregate Meal for Guests and OFA Staff under 60.</p>	<p><u>Cold Plate</u></p> <p>Sliced Turkey Pasta Salad Beet & Onion Salad Fresh Melon</p> <p align="right">1</p>	<p>Macaroni & Cheese Stewed Tomato & Zucchini Peach Shortcake w/ Whipped Topping</p> <p align="right">2</p>	<p>Meatloaf Mashed Sweet Potatoes Brussel Sprouts Jell-O Punch Cake*</p> <p align="right">3</p>	<p>BBQ Pork on Bun Au Gratin Potatoes California Mix Vegetables Watermelon</p> <p align="right">4</p>
<p>Chicken Patty Parmesan Rice Pilaf Broccoli Cookie*</p> <p align="right">7</p>	<p>Swiss Steak Mashed Potatoes Mexicali Corn Fresh Fruit</p> <p align="right">8</p>	<p><u>Cold Plate</u></p> <p>Tuna Salad Ice Box Salad Marinated Vegetables Banana Muffin</p> <p align="right">9</p>	<p>Chicken Fricasse Buttered Noodles Beets Butterscotch Pudding*</p> <p align="right">10</p>	<p><u>CHEFS CHOICE</u></p>  <p align="right">11</p>
<p>Goulash Green Beans Spinach Salad Sherbet</p> <p align="right">14</p>	<p>Baked Fish Potato Casserole Mixed Vegetables Melon Slice</p> <p align="right">15</p>	<p>Baked Italian Chicken Mashed Potatoes California Mix Vegetables Fruit</p> <p align="right">16</p>	<p><u>Cold Plate</u></p> <p>Seafood Salad Pasta Salad Broccoli Salad Cookies*</p> <p align="right">17</p>	<p><u>Senior Picnic</u></p> <p>Hamburger/Cheeseburger Baked Beans Carrot Apple Salad Watermelon</p> <p align="right">18</p>
<p><u>Cold Plate</u></p> <p>Ham & Turkey Slice Coleslaw Potato Salad Seasonal Fruit</p> <p align="right">21</p>	<p>Chicken & Sausage Bake Rice Broccoli Fruit Crisp</p> <p align="right">22</p>	<p>Breaded Fish Sandwich Roasted Potato Succotash Half Moon Pudding</p> <p align="right">23</p>	<p>Raviolis w/ Sauce Italian Green Beans Spinach Salad Fruit</p> <p align="right">24</p>	<p>BBQ Chicken Baked Beans Ice Box Salad Chocolate Chip Cookie Bar*</p> <p align="right">25</p>
<p>Spanish Rice & Beans Pisto Churros</p> <p align="right">28</p>	<p>Hot Dog on Roll Baked Beans Broccoli Salad Ice Cream</p> <p align="right">29</p>	<p><u>Cold Plate</u></p> <p>Egg Salad Potato Salad Beet Salad Brownie*</p> <p align="right">30</p>	<p>Spaghetti and Meatballs Green & Yellow Beans Diced Pears</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.