

SENECA COUNTY OFFICE FOR THE AGING

October 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)







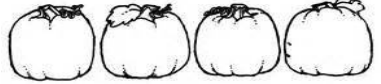
OID (607) 869-2275

TRUMANSBURG CHURCH (607) 387-3015

NORTH COUNTY NUTRITION SITE (315) 539-1765

OID OFFICE (607) 869-9420



Hamburger on Bun Roasted Potatoes Broccoli Peaches 2	Chicken A La King Rice Peas & Carrots Fruit Cup  3	BBQ Pork on Bun Baked Potato Corn Fruited Jell-O* 4	Spaghetti & Meat Sauce Cauliflower Tossed Salad Peanut Butter Cookies* 5	Baked Fish Rice Pilaf Coleslaw Pudding* 6
CLOSED  COLUMBUS DAY 9	Chicken Patty on Bun Cheesy Potato Brussel Sprouts Fresh Fruit 10	Swiss Steak w/ Tomato Sauce Mashed Potatoes Broccoli Ice Cream* 11	Turkey Noodle Casserole Broccoli Tossed Salad Fruit Pie 12	Goulash Seasoned Spinach Strawberries w/ Whipped Topping 13
Hot Meatball Sub Roasted Wedge Potatoes Mixed Vegetables Sherbet 16	Breaded Pork Cutlet w/ Sweet & Sour Sauce Baked Potato Oriental Vegetables Cookies* 17	Sloppy Joes Roasted Potatoes Mixed Vegetables Peach Crisp 18	<u>Volunteer Recognition Lunch</u> Invitation Only Nutrition Sites Closed 19	Beef Stew Baby Carrots Fruited Jell-O*  20
Ham & Scalloped Potatoes* Seasoned Broccoli Fruit 23	Baked Chicken Parsley Potato Corn Peach Crisp 24	<u>CHEF'S CHOICE</u>  25	Lasagna Garlic Green Beans Yogurt Garlic Toast 26	Swedish Meatballs w/ Gravy Buttered Noodles Carrot Coins Pudding 27
Chicken & Rice Casserole Carrots Fruit 30	<u>Halloween Lunch</u> Meatloaf w/ Gravy Mashed Potatoes Green Beans Ghostly Delight  31	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 

**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.**