

SENECA COUNTY OFFICE FOR THE AGING

December 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>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>Swedish Meatballs w/ Gravy Buttered Noodles Mixed Vegetables Peaches</p> <p style="text-align: right;">1</p>
<p>Baked Fish Fillet w/ Salsa Roasted Potatoes Seasoned Peas Vanilla Pudding*</p> <p style="text-align: right;">4</p>	<p>Beef Stew Baby Carrots Biscuit Mandarin Oranges</p>  <p style="text-align: right;">5</p>	<p>Spanish Rice Broccoli & Cauliflower Peach Crisp w/ Whipped Topping</p> <p style="text-align: right;">6</p>	<p>Vegetable Lasagna Italian Green Beans w/ Garlic Chocolate Cake w/ Peppermint Icing</p> <p style="text-align: right;">7</p>	<p>Porkloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit</p> <p style="text-align: right;">8</p>
<p>Baked Ziti Spinach Garlic Bread Ice Cream*</p> <p style="text-align: right;">11</p>	<p>Hot Turkey Sandwich w/ Gravy Stuffing Peas & Carrots Fruit</p> <p style="text-align: right;">12</p>	<p>BBQ Chicken Baked Potato Broccoli Butterscotch Pudding*</p> <p style="text-align: right;">13</p>	<p>Hamburger on Bun Baked Beans Green Beans Pears</p>  <p style="text-align: right;">14</p>	<p>Sweet & Sour Pork Roast Rice Pilaf Oriental Vegetables Mandarin Oranges</p> <p style="text-align: right;">15</p>
 <p>Goulash Green Beans Pudding*</p> <p style="text-align: right;">18</p>	<p>Broccoli & Cheese Quiche Roasted Potatoes Tossed Salad Cookies*</p> <p style="text-align: right;">19</p>	<p>Baked Italian Chicken Garlic Buttered Pasta Vegetable Blend Fruit</p> <p style="text-align: right;">20</p>	<p><u>Holiday Dinner</u> Sliced Beef w/ Gravy Mashed Potatoes Garden Vegetable Blend Pie</p> <p style="text-align: right;">21</p>	<p>Fish Sandwich Baked Potato Carrots Fruit</p> <p style="text-align: right;">22</p>
 <p style="text-align: right;">25</p>	<p>Turkey A La King Garlic Green Beans Biscuit Fruit</p> <p style="text-align: right;">26</p>	<p>BBQ Chicken on Bun Roasted Potato Cauliflower Pears</p> <p style="text-align: right;">27</p>	<p>Breaded Pork Cutlet w/ Country Gravy Garden Rice Mixed Vegetables Pears</p> <p style="text-align: right;">28</p>	 <p style="text-align: right;">29</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.