

SENECA COUNTY OFFICE FOR THE AGING

January 2018



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

WATERLOO NUTRITION SITE (315) 539-1765

OID OFFICE (607) 869-9420

<p>CLOSED</p>  <p>1</p>	<p>Spanish Rice Creamed Onions Peach Crisp w/ Whipped Topping</p> <p>2</p>	<p>Meatloaf Italiano Parsley Potatoes Baby Carrots Seasonal Fruit</p> <p>3</p>	<p>Chicken & Biscuits Mashed Potatoes Italian Green Beans Red Velvet Cake w/ Icing*</p> <p>4</p>	<p>Chili Con Carne Rice Mixed Vegetables Tossed Salad Pineapple Chunks</p> <p>5</p>
<p>Macaroni & Cheese Stewed Tomatoes Pears</p> <p>8</p>	<p>Chicken Patty Parmesan Spaghetti w/ Sauce Broccoli Fruit</p> <p>9</p>	<p><u>Chefs Choice</u></p>  <p>Waterloo Nutrition Site Closed 10</p>	<p>Hamburger on Bun Baked Beans Succotash Ambrosia</p> <p>Waterloo Nutrition Site Closed 1</p>	<p>Baked Lemon Pepper Fish Rice Pilaf Green Beans Cup Cake*</p> <p>12</p>
<p>CLOSED</p>  <p>15</p>	<p>Chicken Fricassee Rice Pease & Carrots Cookies*</p> <p>16</p>	<p>Goulash Green Beans Tossed Salad Chocolate Pudding*</p> <p>17</p>	<p>Ham & Cheese Strata Hash Brown Potatoes Beets Fresh Fruit</p> <p>18</p>	<p>Baked Pork Chop Baked Potato Winter Squash Jello*</p> <p>19</p>
<p>Hot Turkey Sandwich Mashed Potatoes Beets Fruit</p> <p>22</p>	<p>Spaghetti w/ Meatballs Brussel Sprouts Tossed Salad Banana Pudding</p> <p>23</p>	<p><u>New Year's Dinner</u> Pork Roast W/ Gravy Mashed Potatoes Seasoned Carrots Peach Shortcake*</p> <p>24</p>	<p>Swiss Steak Rice Pilaf Green & Yellow Beans Cookies*</p> <p>25</p>	<p>Baked Chicken Bread Stuffing Winter Squash Fruit</p> <p>26</p>
<p>Swedish Meatballs w/ Gravy Buttered Noodles Green & Yellow Beans Mandarin Oranges</p> <p>29</p>	<p>Lasagna Broccoli Garlic Bread Tossed Salad Lemon Sorbet</p> <p>30</p>	<p>White Chicken Chili Broccoli Oyster Crackers Fruit</p> <p>31</p>	<p><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60. *Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p>	<p>Diet Substitute Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</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.