

SENECA COUNTY OFFICE FOR THE AGING

February 2018

DEB DILALLO, NUTRITION SERVICES COORDINATOR  
ANGELA M. REARDON, DIRECTOR





OVID (607)



869-2275

CONTRIBUTIONS: \$2.25/CONGREGATE MEAL-PERSON 60+  
\$2.25/WIN HOME DELIVERED MEAL (HOT)  
\$1.75/WIN HOME DELIVERED MEAL (COLD)

TRUMANSBURG CHURCH (607) 387-3015  
WATERLOO NUTRITION SITE (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>Baked Chicken Parsley Potato Mixed Vegetable Birthday Cake*</p> <p style="text-align: right;">1</p>	<p>Hamburger Tater Tots Spinach Fruit</p> <p style="text-align: right;">2</p>
<p>Tuna Noodle Casserole Peas &amp; Carrots Yogurt</p> <p style="text-align: right;">5</p>	<p>Chicken Patty on Bun Cheesy Potato Brussel Sprouts Fresh Fruit</p> <p style="text-align: right;">6</p>	<p>Swiss Steak w/ Tomato Sauce Mashed Potatoes Roasted Butternut Squash Ice Cream*</p> <p style="text-align: right;">7</p>	<p>Goulash Seasoned Spinach Pudding*</p> <p style="text-align: right;">8</p>	 <p style="text-align: center;"><b>Chef's Choice</b></p> <p style="text-align: right;">9</p>
<p>Breaded Pork Cutlet w/ Sweet &amp; Sour Sauce Mashed Sweet Potatoes Oriental Vegetables Cookies*</p> <p style="text-align: right;">12</p>	<p>Swiss Steak w/ Mushroom Sauce Mashed Potatoes Mixed Vegetables Peach Crisp*</p> <p style="text-align: right;">13</p>	<p style="text-align: center;"><b><u>Valentine's Lunch</u></b> Baked Eggplant Parmesan Pasta w/ Sauce Cauliflower &amp; Broccoli Cup Cake*</p> <p style="text-align: right;">14</p>	<p>Turkey &amp; Rice Casserole Cauliflower &amp; Broccoli Apple</p>  <p style="text-align: right;">15</p>	<p>Fish Sandwich Baked Potato Sliced Carrots Fruited Jello*</p> <p style="text-align: right;">16</p>
 <p style="text-align: right;">19</p>	<p>Chicken A La King Rice Peas &amp; Carrots Fruit Cup</p> <p style="text-align: right;">20</p>	<p>BBQ Pork on Bun Baked Potato Corn Fruited Jello*</p> <p style="text-align: right;">21</p>	<p>Spaghetti &amp; Meat Sauce Cauliflower Tossed Salad Fruit</p> <p style="text-align: right;">22</p>	<p>Baked Fish Rice Pilaf Coleslaw Pudding*</p> <p style="text-align: right;">23</p>
<p>Italian Chicken Rice Pilaf Dill Baby Carrots Sliced Peaches</p> <p style="text-align: right;">26</p>	<p>Beef Stew Green Beans Mandarin Oranges</p> <p style="text-align: right;">27</p>	<p>Sloppy Joe Corn Brussel Sprouts Pudding*</p> <p style="text-align: right;">28</p>	<p style="text-align: center;"><b><u>Meal Charge</u></b>  \$3.50  Congregate Meal for Guests and OFA Staff under 60.</p>	<p><b>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</b></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.**