

SENECA COUNTY OFFICE FOR THE AGING

March 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>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p> 	<p><u>Meal Charge</u></p> <p>\$3.50</p> <p>Congregate Meal for Guests and OFA Staff under 60.</p>		<p>BBQ Pork Potato Wedges Italian Vegetable Blend White Cake w/ White Icing*</p> <p style="text-align: right;">1</p>	<p>Fish Sandwich Roasted Potatoes Coleslaw w/ Pineapple Fruit</p> <p style="text-align: right;">2</p>
<p>Hot Meatball Sub Orzo Pasta w/ Vegetables Tossed Salad Fruit</p> <p style="text-align: right;">5</p>	<p>Baked Chicken Mashed Potatoes Winter Squash Peach Shortcake w/ Whipped Topping</p> <p style="text-align: right;">6</p>	<p>Turkey & Rice Cauliflower & Broccoli Mandarin Oranges</p> <p style="text-align: right;">7</p>	<p>Meat Loaf Italiano Mashed Potatoes Green Beans Cream Pie</p> <p style="text-align: right;">8</p>	<p>Vegetable Lasagna Tossed Salad Carrot Coins Cookie*</p> <p style="text-align: right;">9</p>
<p>Goulash Corn Tossed Salad Fruit</p> <p style="text-align: right;">12</p>	 <p>CHEF'S CHOICE</p> <p style="text-align: right;">13</p>	<p>Hot Turkey Sandwich w/ Gravy Mashed Potatoes Wax Beans Pineapple</p> <p style="text-align: right;">14</p>	<p>Breaded Fish Fillet Sandwich Sweet Potato Fries Seasoned Green Beans Fresh Fruit</p> <p style="text-align: right;">15</p>	<p><u>Happy St. Patrick's Day</u></p>  <p>Corned Beef Boiled Potatoes Cabbage Carrots Cupcake*</p> <p style="text-align: right;">16</p>
 <p>Chicken Fricassee Peas & Carrots Fruit Crisp</p> <p style="text-align: right;">19</p>	<p>Spaghetti w/ Meatballs Tossed Salad Mandarin Orange Slices</p> <p style="text-align: right;">20</p>	<p>Meat & Cabbage Loaf Mashed Sweet Potatoes Beets Tropical Fruit Salad</p> <p style="text-align: right;">21</p>	<p>Baked Pork Parsley Rice Roasted Onions, Carrots and Peppers Pudding*</p> <p style="text-align: right;">22</p>	<p>Baked Fish w/ Mango Salsa Baked Potatoes Green Beans Cookie</p> <p style="text-align: right;">23</p>
<p>Chicken Sandwich Rice Pilaf Green Beans Fruit</p> <p style="text-align: right;">26</p>	<p><u>Breakfast For Lunch</u></p> <p>Sausage Patties French Toast Casserole Fruit Cup Yogurt</p> <p style="text-align: right;">27</p>	<p>Beef Stew Boiled Potatoes Carrots & Onions Pineapple</p> <p style="text-align: right;">28</p>	<p><u>Easter Dinner</u></p> <p>Pork Roast w/Gravy Mashed Potato Roasted Vegetable Melody Pie</p> <p style="text-align: right;">29</p>	 <p>Vegetable Lasagna Broccoli Pudding*</p> <p style="text-align: right;">30</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.