

SENECA COUNTY OFFICE FOR THE AGING

April 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

Hot Dog on Bun Baked Beans Carrot Coins Mandarin Oranges 2	BBQ Chicken Roasted Potatoes Mixed Vegetables Seasonal Fruit 3	Spaghetti & Meatballs Spinach Tossed Salad Peach Crisp 4	Stuffed Pepper Green Beans Carrot Cake* 5	Breaded Fish Sandwich Baked Potato Succotash Ice Cream* 6
Hamburger on Bun Potato Casserole Cauliflower Peaches 9	Meatloaf Italiano Baked Potato Brussel Sprouts Brownie 10	Turkey & Rice Casserole Peas Pudding 11	Pork Chop Mashed Potatoes Green Beans Mandarin Oranges 12	Macaroni & Cheese Stewed Tomato Fruit 13
Pork Riblet Tatar Tots Beets Cookies 16	Hot Turkey Sandwich Stuffing Spinach Fruit 17	Baked Chicken Rice Pilaf Garlic Green Beans Peach Crisp* w/ Whipped Topping 18	 Beef Stroganoff Broccoli Fruit 19	Baked Ziti Winter Blend Vegetables Garlic Bread Apple Blueberry Crisp 20
Cold Plate Turkey Salad Cottage Cheese Icebox Salad Yogurt 23	Cabbage Loaf Mashed Potato Spinach Pudding* 24	Swiss Steak w/ Tomato Sauce Mashed Potatoes Italian Green Beans Fruit Salad 25	Baked Chicken Stuffing Carrots Fruit 26	Baked Eggplant Parmesan Pasta w/ Sauce Cauliflower & Broccoli Pudding* 27
Sloppy Joe on Bun Corn Mixed Roasted Vegetables Brownie 30		Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.	Meal Charge \$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.