

SENECA COUNTY OFFICE FOR THE AGING

June 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 align="center"><u>Meal Charge</u></p> <p align="center">\$3.50</p> <p align="center">Congregate Meal for Guests and OFA Staff under 60.</p>	<p>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p>		<p align="center">Chicken Patty Sweet Potato Bites Assorted Vegetable Ice Cream*</p> <p align="right">1</p>
<p>Swedish Meatballs Noodles Beets Mandarin Oranges</p> <p align="right">4</p>	<p>Turkey & Rice Casserole Spinach Fruited Jello*</p> <p align="right">5</p>	<p>Baked Chicken Roasted Potatoes Carrots Sliced Peaches w/ Whipped Topping</p> <p align="right">6</p>	<p>Pork Cutlet w/ Gravy Mashed Potatoes Cauliflower w/ Cheese Sauce Pudding*</p> <p align="right">7</p>	<p>Hamburger on Bun French Fries Seasoned Beans Fruit Crisp</p> <p align="right">8</p>
<p>Summer Pasta w/ Sausage Tossed Salad Broccoli Cookie*</p> <p align="right">11</p>	<p align="center"><u>COLD PLATE</u></p> <p>Turkey Potato Salad Beets & Onion Salad Orange</p> <p align="right">12</p>	<p>Hot Dog w/ Sauerkraut Baked Beans Seasoned Carrots Pudding*</p> <p align="right">13</p>	<p>Italian Breaded Chicken Mashed Potatoes Zucchini/Tomato Brownie*</p> <p align="right">14</p>	<p>Beef Stew Seasoned Beans Biscuit Strawberries</p> <p align="right">15</p>
<p>Chicken Broccoli Alfredo Linguini Assorted Vegetables Chocolate Mousse*</p> <p align="right">18</p>	<p>Sloppy Joe Potato Casserole Spinach Salad Sherbet</p> <p align="right">19</p>	<p>Meat Loaf Mashed Potatoes Yellow Beans Pears</p> <p align="right">20</p>	<p>Spaghetti w/ Meatballs Spinach Fruit Crisp*</p> <p align="right">21</p>	<p>BBQ Chicken Mashed Potatoes Corn Cup Cake*</p> <p align="right">22</p>
 <p>CHEFS CHOICE</p> <p align="right">25</p>	<p align="center"><u>COLD PLATE</u></p> <p>Salmon Salad Macaroni Salad Broccoli Salad Pudding*</p> <p align="right">26</p>	<p>Hot Turkey Sandwich Mashed Potatoes Carrots Mandarin Oranges</p> <p align="right">27</p>	<p>Macaroni & Cheese Stewed Tomatoes Tossed Salad Fruit Crisp*</p> <p align="right">28</p>	<p>Fish Sandwich Baked Potato Seasoned California Vegetables Cookie*</p> <p 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.**