

**SENECA COUNTY OFFICE FOR THE AGING
JULY 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)

OVID (607) 869-2275
TRUMANSBURG CHURCH (607) 869-2275
WATERLOO NUTRITION SITE (315) 539-1765
OVID OFFICE (607) 869-9420



<p><u>Cold Plate</u> Egg Salad Cottage Cheese w/ Pineapple Broccoli Salad Fruit 2</p>	<p><u>July 4th BBQ</u> Hot Dog on a Bun Baked Beans Macaroni Salad Strawberry Shortcake* 3</p>	<p align="center"><u>CLOSED</u>  4</p>	<p>Chicken Patty on a Hamburger Bun w/ L/T/O Potato Casserole Mixed Veggies Chocolate Chip Cake w/Icing 5</p>	<p>Sweet and Sour Pork Rice Oriental Vegetables Mandarin Oranges 6</p>
<p>Goulash Corn Spinach Salad Fruit 9</p>	<p>Chicken Fricasse Cauliflower Au Gratin Fruited Mousse* 10</p>	<p>Hot Turkey Sandwich w/ Gravy Baked Sweet Potato Peas and Pearl Onions Peach Shortcake w/ Whip Topping 11</p>	<p><u>Cold Plate</u> Ham Salad Macaroni Salad Beet & Onion Salad Chocolate Chip Cookie Bar 12</p>	<p>BBQ Chicken Baked Beans Icebox Salad Fruit 13</p>
<p>Spaghetti & Meatballs Broccoli Tossed Salad Pudding* 16</p>	<p>Baked Chicken Mashed Potatoes Zucchini & Onion Fruited Jello 17</p>	<p>Fish Fillet w/ Spanish Salsa Garden Rice Creamed Onions Orange 18</p>	<p><u>Cold Plate</u> Chicken Salad Tortellini Salad Peach Waldorf Salad Sugar Cookie* 19</p>	<p>Pork Chop w/ Gravy Bread Stuffing Green Beans Fresh Fruit 20</p>
<p><u>CHEF'S CHOICE</u>  23</p>	<p>Hamburger on Bun Potato Casserole Green Beans Cookie* 24</p>	<p><u>Cold Plate</u> Seafood Salad Pasta Salad Marinated Vegetable Salad Chocolate Pudding* 25</p>	<p>Lasagna Broccoli Tossed Salad Melon Slice 26</p>	<p>Chicken Stew Sweetened Carrots Biscuit Fruited Gelatin* 27</p>
<p>Marinated Chicken Roasted Potato Roasted Vegetable Blend Fruit 30</p>	<p>BBQ Pulled Pork Broccoli Salad Coleslaw w/ Pineapple Blueberries 31</p>	<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><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.</p>	<p>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute </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.