

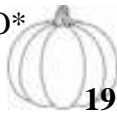



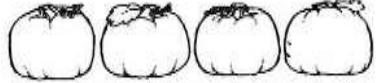


**SENECA COUNTY OFFICE FOR THE AGING
OCTOBER 2018**

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
NORTH COUNTY NUTRITION SITE (315) 539-1765
OVID OFFICE (607) 869-9420



Hamburger on Bun Roasted Potatoes Broccoli Peaches 1	Chicken A La King Rice Peas & Carrots Fruit Cup  2	Sweet & Sour Pork Chop Baked Potato Roasted Brussel Sprouts Fruited Jell-O* 3	Spaghetti & Meat Sauce Cauliflower Tossed Salad Spice Cake* 4	Baked Fish Rice Pilaf Coleslaw Pudding* 5
CLOSED  8	Chicken Patty on Bun Cheesy Potato Brussel Sprouts Fresh Fruit 9	Swiss Steak w/ Tomato Sauce Mashed Potatoes Broccoli Ice Cream* 10	Turkey Noodle Casserole Broccoli Yellow/Green Beans Fruit 11	Goulash Seasoned Spinach Strawberries w/ Whipped Topping 12
Hot Meatball Sub Roasted Wedged Potato Mixed Vegetables Sherbet 15	Breaded Pork Cutlet w/ Sweet & Sour Sauce Baked Potato Oriental Vegetables Cookies* 16	Sloppy Joes Roasted Potatoes Mixed Vegetables Fruit 17	<u>Volunteer Recognition Lunch</u> Invitation Only Nutrition Sites Closed 18	Beef Stew Baby Carrots Fruited Jell-O*  19
Ham & Scalloped Potatoes* Seasoned Broccoli Fruit 22	Baked Chicken Parsley Potato Corn Peach Crisp 23	<u>CHEF'S CHOICE</u>  24	Lasagna Garlic Green Beans Tossed Salad Garlic Knot Yogurt 25	Swedish Meatballs w/ Gravy Buttered Noodles Carrot Coins Pudding* 26
Chicken & Rice Casserole Carrots Fruit 29	Meatloaf w/ Gravy Mashed Potatoes Green Beans Fresh Fruit 30	<u>Halloween Lunch</u> BBQ Pork on Bun Baked Potato Corn Ghostly Delight  31	<u>Meal Charge</u>  \$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.**