

**SENECA COUNTY OFFICE FOR THE AGING
NOVEMBER 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)

OID (607) 869-2275
TRUMANSBURG CHURCH (607) 869-2275
WATERLOO NUTRITION SITE (315) 539-1765
OID 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">Meal Charge</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">Swiss Steak w/ Gravy Mashed Potato Roasted Cauliflower Carrot Cake w/ Icing*</p> <p align="right">1</p>	<p align="center">Taco Pie California Mix Vegetable Cornbread Peaches w/ Whipped Topping</p> <p align="right">2</p>
<p>Breaded Pork Chop Baked Potato Creamed Corn Sherbet</p> <p align="right">5</p>	<p align="center">CLOSED</p>  <p align="right">6</p>	<p>Turkey & Rice Casserole Steamed Baby Carrots Warm Spiced Apple Slices</p> <p align="right">7</p>	<p align="center">Goulash Peas w/ Pearl Onions Tossed Salad Diced Pears</p> <p align="right">8</p>	<p align="center">Spaghetti & Meatballs Broccoli Garlic Bread Mandarin Oranges</p> <p align="right">9</p>
<p align="center">CLOSED</p>  <p align="right">12</p>	<p align="center">BBQ Chicken Sandwich Au Gratin Potatoes Mixed Vegetables Cookies*</p> <p align="right">13</p>	<p align="center">Creamed Cod Boiled Potatoes Beets Fruit Crisp w/ Whipped Topping</p> <p align="right">14</p>	<p align="center">Stuffed Pepper Winter Mixed Vegetables Dinner Roll Pineapple</p> <p align="right">15</p>	<p align="center">Breaded Fish Sandwich Roasted Potato Green & Yellow Beans Applesauce</p> <p align="right">16</p>
<p>Hamburger on Bun Baked Beans Mixed Vegetables Pineapple</p> <p align="right">19</p>	<p align="center">Thanksgiving Lunch Roasted Turkey w/ Gravy Mashed Potatoes Green Bean Casserole Pie</p> <p align="right">20</p>	<p align="center">Vegetable Lasagna Broccoli Salad Orange</p> <p align="right">21</p>	<p align="center">CLOSED</p>  <p align="right">22</p>	<p align="center">CLOSED</p>  <p align="right">23</p>
<p>Meat Loaf Italiano Mashed Potatoes Brussel Sprouts Banana</p> <p align="right">26</p>	<p align="center">Macaroni and Cheese Roasted Cabbage & Carrots Tossed Salad Mandarin Oranges</p> <p align="right">27</p>	<p align="center">Turkey Tetrazzini Beets Dinner Roll Fruited Jell-O*</p> <p align="right">28</p>	<p align="center">BBQ Pork on Bun Roasted Sweet & White Potatoes Green & Yellow Beans Pudding*</p> <p align="right">29</p>	<p align="center">Baked Italian Chicken Orzo Pasta Broccoli Fruit</p> <p 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.