

**SENECA COUNTY OFFICE FOR THE AGING  
DECEMBER 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**

Baked Fish Fillet w/ Salsa Roasted Potatoes Seasoned Peas Vanilla Pudding* 3	Beef Stew Baby Carrots Biscuit Mandarin Oranges 4	Spanish Rice Broccoli & Cauliflower Peach Crisp w/ Whipped Topping 5	Vegetable Lasagna Italian Green Beans w/ Garlic Chocolate Cake w/ Peppermint Icing* 6	Pork Loaf w/ Gravy Mashed Sweet Potatoes Mixed Vegetables Fruit 7
Baked Ziti Spinach Garlic Bread Ice Cream* 10	Hot Turkey Sandwich w/ Gravy Stuffing Peas & Carrots Fruit 11	BBQ Chicken Baked Potato Broccoli Butterscotch Pudding* 12	 Hamburger on Bun Baked Beans Green Beans Pears 13	Sweet & Sour Pork Roast Rice Pilaf Oriental Vegetables Mandarin Oranges 14
 Goulash Green Beans Pudding* 17	Broccoli & Cheese Quiche Roasted Potatoes Tossed Salad Cookies* 18	Baked Italian Chicken Garlic Buttered Pasta Vegetable Blend Fruit 19	<u><b>Holiday Dinner</b></u> Sliced Beef w/ Gravy Mashed Potatoes Roasted Vegetable Blend Pie 20	Fish Sandwich Baked Potato Carrots Fruit 21
<u><b>No Meals Served Today</b></u> 24	 25	BBQ Chicken on Bun Roasted Potato Cauliflower Fruit 26	Breaded Pork Cutlet w/ Country Gravy Garden Rice California Mixed Vegetables Pears 27	Turkey A La King Garlic Green Beans Tossed Salad Biscuit Cookie* 28
<u><b>No Meals Served Today</b></u>  31	Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.	<u><b>Meal Charge</b></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.**