

**SENECA COUNTY OFFICE FOR THE AGING
JANUARY 2019**



**DEB DILALLO, NUTRITION SERVICES COORDINATOR
ANGELA M. REARDON, DIRECTOR**

OVID (607) 869-2275

OVID OFFICE (607) 869-9420

WATERLOO NUTRITION SITE (315) 539-1765

**CONTRIBUTIONS: \$2.25/CONGREGATE MEAL-PERSON 60+
\$2.25/WIN HOME DELIVERED MEAL (HOT)
\$1.75/WIN HOME DELIVERED MEAL (COLD)**

<p><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60. *Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p>	<p align="center"><u>CLOSED</u></p>  <p align="right">1</p>	<p>Spanish Rice Baby Carrots Seasonal Fruit</p> <p align="right">2</p>	<p>Chicken & Biscuits Mashed Potatoes Italian Green Beans w/ Garlic Red Velvet Cupcake</p> <p align="right">3</p>	<p>Chili Con Carne Rice Mixed Vegetables Cornbread Pineapple Chunks</p> <p align="right">4</p>
<p>Macaroni & Cheese Stewed Tomatoes Pears</p> <p align="right">7</p>	<p>Chicken Patty Parmesan Spaghetti w/ Sauce Broccoli Fruit</p> <p align="right">8</p>	<p>Hamburger on Bun Baked Bean Succotash Ambrosia</p> <p align="right">9</p>	<p align="center"><u>NEW YEAR'S DINNER</u></p> <p>Pork Roast w/ Gravy Mashed Potatoes Seasoned Carrots Peach Shortcake*</p> <p align="right">10</p>	<p>Baked Lemon Pepper Fish Rice Pilaf Green Beans Cup Cake*</p> <p align="right">11</p>
<p>Meatloaf Italiano Mashed Sweet Potatoes Cauliflower Fruit</p> <p align="right">14</p>	<p>Chicken Fricassee Rice Pease & Carrots Cookies*</p> <p align="right">15</p>	<p>Goulash Green Beans Tossed Salad Chocolate Pudding*</p> <p align="right">16</p>	<p>Ham & Cheese Strata Hash Brown Potatoes Asparagus Fresh Fruit</p> <p align="right">17</p>	<p>Baked Pork Chop Baked Potato Winter Squash Jello*</p> <p align="right">18</p>
<p align="center"><u>CLOSED</u></p>  <p align="right">21</p>	<p>Spaghetti w/ Meatballs Brussel Sprouts Tossed Salad Banana Pudding</p> <p align="right">22</p>	<p align="center"><u>CHEF CHOICE</u></p>  <p align="right">23</p>	<p>Swiss Steak Rice Pilaf Green & Yellow Beans Cookies*</p> <p align="right">24</p>	<p>Baked Chicken Bread Stuffing Winter Squash Fruit</p> <p align="right">25</p>
<p>Swedish Meatballs w/ Gravy Buttered Noodles Green & Yellow Beans Mandarin Oranges</p> <p align="right">28</p>	<p>Lasagna Spinach Garlic Bread Lemon Sorbet</p> <p align="right">29</p>	<p>White Chicken Chili Broccoli Oyster Crackers Yogurt</p> <p align="right">30</p>	<p>Hot Turkey Sandwich w/ Gravy Stuffing Carrots Fruit</p> <p align="right">31</p>	<p>Diet Substitute Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</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.