

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

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



		Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.	<u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.	Hamburger Tater Tots Spinach Fruit 1
Tuna Noodle Casserole Peas & Carrots Whole Wheat Bread Pudding* 4	Chicken Patty on Bun Cheesy Potato Broccoli Fresh Fruit 5	Breaded Pork Cutlet W/ Tomato Sauce Mashed Potatoes Roasted Butternut Squash Ice Cream* 6	Goulash Seasoned Spinach Bread Funfetti Birthday Cake* 7	<u><i>Chef's Choice</i></u>  8
Baked Chicken Mashed Sweet Potatoes Oriental Vegetables Cookies* 11	Swiss Steak w/ Mushroom Sauce Mashed Potatoes Roasted Vegetables Peach Crisp* 12	Baked Eggplant Parmesan Pasta w/ Sauce Broccoli Fresh Fruit 13	<u><i>Valentine's Day Luncheon</i></u> Chicken Cordon Bleu Rice Pilaf Roasted Brussel Sprouts Cupcake* 14	Fish Sandwich Baked Potato Sliced Carrots Fruited Jell-O* 15
<u><i>Closed</i></u>  18	Chicken A La King Rice Peas & Carrots Fruit Cup 19	BBQ Pork on Bun Baked Potato Corn Fruited Jell-O* 20	Spaghetti & Meatballs Cauliflower Tossed Salad Parfait 21	Baked Fish Rice Pilaf Coleslaw Cookie* 22
Italian Chicken Mashed Sweet Potatoes Mixed Vegetable Melody Sliced Peaches 25	Beef Stew Green Beans Biscuit Mandarin Oranges 26	Sloppy Joe Corn Brussel Sprouts Pudding* 27	Turkey and Rice Casserole Dill Baby Carrots Tossed Salad Yogurt Parfait 28	*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.**