

**SENECA COUNTY OFFICE FOR THE AGING
MARCH 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
OVID OFFICE (607) 869-9420
WATERLOO NUTRITION SITE (315) 539-1765

<p>*Restricted Calorie No Sweet Desserts +Modified Sodium Diet Substitute</p> 	<p align="center"><u>Meal Charge</u></p> <p align="center">\$3.50</p> <p align="center">Congregate Meal for Guests and OFA Staff under 60.</p>			<p align="center">Fish Sandwich Roasted Potatoes Coleslaw w/ Pineapple Fruit</p> <p align="right">1</p>
<p align="center">Hot Meatball Sub Orzo Pasta w/ Vegetables Tossed Salad Fruit</p> <p align="right">4</p>	<p align="center">Baked Chicken Mashed Potatoes Winter Squash Mandarin Oranges</p> <p align="right">5</p>	<p align="center">Black Beans & Rice Cauliflower & Broccoli Rye Bread Cupcakes*</p> <p align="right">6</p>	<p align="center">Meat Loaf Italiano Mashed Potatoes Green Beans White Cake w/ Chocolate Frosting</p> <p align="right">7</p>	<p align="center">Vegetable Lasagna Carrot Coins Whole Wheat Bread Cookie*</p> <p align="right">8</p>
<p align="center">Goulash Corn Tossed Salad Italian Bread Fruit</p> <p align="right">11</p>	<p align="center"><u>Chef's Choice</u></p>  <p align="right">12</p>	<p align="center">Hot Turkey Sandwich w/ Gravy Stuffing Wax Beans Pineapple</p> <p align="right">13</p>	<p align="center"><u>Happy St. Patrick's Day</u></p>  <p align="center">Corned Beef Boiled Potatoes Cabbage Carrots Pistachio Pudding</p> <p align="right">14</p>	<p align="center">Breaded Fish Fillet Sandwich Sweet Potato Fries Seasoned Green Beans Cookies*</p> <p align="right">15</p>
<p align="center">Chicken Fricassee Peas & Carrots Wheat Bread Fruit Crisp</p>  <p align="right">18</p>	<p align="center">Spaghetti w/ Meatballs Tossed Salad Italian Wheat Bread Mandarin Orange Slices</p> <p align="right">19</p>	<p align="center">BBQ Chicken Mashed Sweet Potatoes Beets Tropical Fruit Salad</p> <p align="right">20</p>	<p align="center">Baked Pork Parsley Rice Roasted Onions, Carrots and Peppers Pudding*</p> <p align="right">21</p>	<p align="center">Baked Fish w/ Mango Salsa Baked Potato Green Beans w/ Almond Slices Cookie</p> <p align="right">22</p>
<p align="center">Chicken Sandwich Rice Pilaf Green Beans Fruit</p> <p align="right">25</p>	<p align="center"><u>Breakfast for Lunch</u></p> <p align="center">Sausage Patties Egg and Cheese Casserole Fruit Cup Yogurt</p> <p align="right">26</p>	<p align="center">Beef Stew Carrots Biscuit Pineapple</p> <p align="right">27</p>	<p align="center">BBQ Chicken Potato Wedges Italian Vegetable Blend Cookies*</p> <p align="right">28</p>	<p align="center">Mac and Cheese Broccoli Roll Pudding*</p>  <p align="right">29</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.