

SENECA COUNTY OFFICE FOR THE AGING

APRIL 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

Hot Dog on Bun Baked Beans Carrot Coins Mandarin Oranges 1	BBQ Chicken Roasted Potatoes Mixed Vegetables Seasonal Fruit 2	Spaghetti & Meatballs Spinach Tossed Salad Peach Crisp 3	Stuffed Pepper Green Beans Dinner Roll Cake* 4	Breaded Fish Sandwich Baked Potato Succotash Ice Cream* 5
Hamburger on Bun Potato Casserole Cauliflower Peaches* 8	Meatloaf Italiano Baked Potato Brussel Sprouts Brownie 9	Turkey & Rice Casserole Peas Bread Pudding* 10	BBQ Chicken Baked Beans Green Beans Mandarin Oranges 11	Macaroni & Cheese Stewed Tomato Bread Fruit 12
 Pork Riblet Tater Tots Beets Cookies* 15	Hot Roast Beef Sandwich Mashed Potatoes Spinach Pudding* 16	Baked Chicken Rice Pilaf Garlic Green Beans Peaches 17	Easter Dinner Pork Roast W/ Gravy Mashed Sweet Potato Broccoli Dinner Roll Fruit Pie* 18	Baked Ziti Winter Blend Vegetables Garlic Knot Fruit 19
Cold Plate Turkey Salad Cottage Cheese Icebox Salad Yogurt 22	Cabbage Loaf Mashed Potato Spinach Pudding* 23	Swiss Steak w/ Tomato Sauce Mashed Potatoes Green Beans Fruit Salad 24	Baked Chicken Stuffing Carrots Fruit 25	Baked Eggplant Parmesan Pasta with Sauce Cauliflower & Broccoli Bread Pudding* 26
Sloppy Joe on Bun Corn Mixed Roasted Vegetables Brownie 29	Chef's Choice  30	Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.	Meal Charge \$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.