


**SENECA COUNTY OFFICE FOR THE AGING  
MAY 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><b>Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</b></p>	<p><b>*Restricted Calorie No Sweet Desserts</b></p>	<p>Ravioli w/ Tomato Sauce Wax Beans Chocolate Pudding*</p> <p align="right"><b>1</b></p>	<p>BBQ Riblet Macaroni Salad Mix Vegetables White Cake w/ White Frosting and Sprinkles</p> <p align="right"><b>2</b></p>	<p>Chicken Patty on Bun Baked Potato Carrots Fruit</p> <p align="right"><b>3</b></p>
<p>Hamburger on Bun Potato Casserole Mixed Vegetable Fruit</p> <p align="right"><b>6</b></p>	<p>Swedish Meatballs Noodles Spinach Mandarin Oranges</p> <p align="right"><b>7</b></p>	<p><u>New England Boiled Dinner</u> Boiled Potatoes Carrots Cabbage Peach Shortcake w/ Whipped Topping</p> <p align="right"><b>8</b></p>	<p>Chicken Fricasse Rice Brussel Sprouts Jello*</p> <p align="right"><b>9</b></p>	<p><u>Senior Citizen Day</u> Chicken Cordon Blue Rice Pilaf Roasted Asparagus Cheesecake Bars w/ Strawberries*</p> <p align="right"><b>10</b></p>
<p>Stuffed Shells w/ Tomato Sauce Italian Green Beans Tossed Salad Cookie*</p> <p align="right"><b>13</b></p>	<p>Beef Stew Parsley Boiled Potatoes Seasoned Carrots Biscuits Orange</p> <p align="right"><b>14</b></p>	<p>Pork Riblet Mashed Sweet Potatoes Mixed Vegetables Fruit</p> <p align="right"><b>15</b></p>	<p>Baked Lemon Chicken Garden Rice Beets Butterscotch Pudding*</p> <p align="right"><b>16</b></p>	<p>Goulash Broccoli Italian Bread Lemon Bars*</p> <p align="right"><b>17</b></p>
<p> <u>CHEF'S CHOICE</u></p> <p align="right"><b>20</b></p>	<p>Spaghetti &amp; Meatballs Broccoli Spinach Salad Sherbet</p> <p align="right"><b>21</b></p>	<p>Pork Loaf Mashed Potatoes Succotash Chocolate Pudding*</p> <p align="right"><b>22</b></p>	<p>Sloppy Joe on Bun Baked Potatoes Green Beans Fruit</p> <p align="right"><b>23</b></p>	<p>BBQ Chicken Potato Casserole Icebox Salad Cookie*</p> <p align="right"><b>24</b></p>
<p><b>Memorial Day</b></p> <p align="right"><b>27</b></p>	<p>Chicken Broccoli Alfredo Spinach Pudding*</p> <p align="right"><b>28</b></p>	<p>Hot Dog on Bun Baked Beans Yogurt</p> <p align="right"><b>29</b></p>	<p><u>Cold Meal</u> Turkey Salad Potato Salad Broccoli Salad Lemon Bar*</p> <p align="right"><b>30</b></p>	<p>Stuffed Pepper Green Beans Italian Bread Fruit</p> <p align="right"><b>31</b></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.**