


**SENECA COUNTY OFFICE FOR THE AGING
JUNE 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



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.	*Restricted Calorie No Sweet Desserts 	Please make Reservations by Monday, June 17, 2019 for the 4th of July Meal on Wednesday, July 3, 2019.	
Swedish Meatballs Noodles Beets Mandarin Oranges 3	Turkey & Rice Casserole Spinach Bread Fruited Jello* 4	Baked Chicken Roasted Potatoes Carrots Sliced Peaches w/ Whipped Topping 5	Pork Cutlet w/ Gravy Mashed Potatoes Cauliflower w/ Cheese Sauce Birthday Cake* 6	Hamburger on Bun Roasted White and Sweet Potatoes Seasoned Beans Fruit Crisp 7
Summer Pasta w/ Sausage Tossed Salad Broccoli Cookie* 10	<u>COLD PLATE</u> Turkey Potato Salad Beets & Onion Salad Orange 11	Hot Dog w/ Sauerkraut Baked Beans Seasoned Carrots Pudding* 12	Italian Breaded Chicken Mashed Potatoes Zucchini/Tomato Brownie* 13	Beef Fajita Rice Oven Roasted Onions, Peppers and Mushrooms Strawberries 14
Chicken Broccoli Alfredo Linguini Assorted Vegetables Chocolate Mousse* 17	Sloppy Joe Potato Casserole Spinach Salad Sherbet 18	Meat Loaf Mashed Potatoes Yellow Beans Pears 19	Spaghetti w/ Meatballs Spinach Bread Fruit Crisp 20	BBQ Chicken Mashed Sweet Potatoes Corn Cup Cake* 21
 CHEFS CHOICE 24	<u>COLD PLATE</u> Salmon Salad Macaroni Salad Broccoli Salad Pudding* 25	Hot Turkey Sandwich Mashed Potatoes Carrots Mandarin Oranges 26	Macaroni & Cheese Stewed Tomatoes Tossed Salad Fruit Crisp* 27	Fish Sandwich Baked Potato Seasoned California Vegetables Cookie* 28

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.