

**SENECA COUNTY OFFICE FOR THE AGING
SEPTEMBER 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 align="center"><u>SITES CLOSED</u></p>  <p align="right">2</p>	<p align="center">Macaroni and Cheese Stewed Tomato & Zucchini Roll Cookies*</p> <p align="right">3</p>	<p align="center">Meatloaf w/ Gravy Mashed Potatoes Carrots Peach Shortcake w/ Whipped Topping</p> <p align="right">4</p>	<p align="center"><u>COLD PLATE</u> Tuna Salad Broccoli Salad Tossed Salad Funfetti Cake*</p> <p align="right">5</p>	<p align="center">BBQ Pork on Bun Au Gratin Potatoes California Mixed Vegetables Pudding*</p> <p align="right">6</p>
<p align="center">Chicken Fricasse Buttered Noodles Harvard Beets Butterscotch Pudding</p> <p align="right">9</p>	<p align="center">Swiss Steak Mashed Potatoes Brussel Sprouts Fresh Fruit</p> <p align="right">10</p>	<p align="center"><u>COLD PLATE</u> Seafood Salad Macaroni Salad Marinated Veggies Brownie*</p> <p align="right">11</p>	<p align="center">Ham Slice* Mashed Sweet Potatoes Green Beans Pineapple</p> <p align="right">12</p>	<p align="center"><u>CHEF'S CHOICE</u></p>  <p align="right">13</p>
<p align="center">Pizza Burger Hash browns Yellow Beans Fruit Cup</p> <p align="right">16</p>	<p align="center">Sliced Turkey w/ Gravy Bread Stuffing Mixed Vegetables Fruit Crisp</p> <p align="right">17</p>	<p align="center"><u>COLD PLATE</u> Egg Salad Potato Salad Beet and Onion Salad Fresh Fruit</p> <p align="right">18</p>	<p align="center">Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Cookie*</p> <p align="right">19</p>	<p align="center">Tuna Noodle Casserole Peas & Carrots Cornbread Fruited Yogurt</p> <p align="right">20</p>
<p align="center">Hot Dog on Bun Baked Beans Sauerkraut Carrots Sherbet</p> <p align="right">23</p>	<p align="center">Lasagna Green Beans Tossed Salad Cookies*</p> <p align="right">24</p>	<p align="center">Baked Pork Chop w/ Gravy Mashed Potatoes Peas Tropical Fruit</p> <p align="right">25</p>	<p align="center">Baked Italian Chicken Potato Casserole Mixed Vegetables Melon Slice</p> <p align="right">26</p>	<p align="center">Goulash Cauliflower Spinach Salad Pears</p> <p align="right">27</p>
<p align="center">Lemon Chicken Baked Potato Mixed Vegetable Applesauce</p> <p align="right">30</p>		<p align="center">Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program.</p>	<p align="center"><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.</p>	<p align="center">*Restricted Calorie No Sweet Desserts</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.