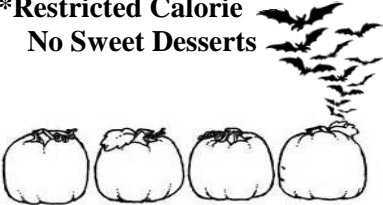






**SENECA COUNTY OFFICE FOR THE AGING
OCTOBER 2021**

**DEB DILALLO, NUTRITION SERVICES COORDINATOR
ANGELA M. REARDON, DIRECTOR
CONTRIBUTIONS: \$2.25/CONGREGATE OR GRAB AND GO'S-PERSON 60+
\$2.25/WIN HOME DELIVERED MEAL (HOT)
\$1.75/WIN HOME DELIVERED MEAL (COLD)**

**OID (607) 869-2275
OID OFFICE (607) 869-9420
NORTH COUNTY NUTRITION SITE (315) 539-1765
CONTRIBUTIONS: CONGREGATE GUEST (<60) - \$3.50**



<p align="center"><u>Meal Charge</u></p> <p align="center">\$3.50</p> <p>Congregate Meal for Guests and OFA Staff under 60.</p>	<p>*Restricted Calorie No Sweet Desserts</p> 			<p>Baked Fish Rice Pilaf Tomato & Zucchini Jello*</p> <p align="right">1</p>
<p>Hot Meatball Sub Roasted Wedged Potato Mixed Vegetables Fruit Crisp</p> <p align="right">4</p>	<p>Breaded Pork Cutlet w/ Sweet & Sour Sauce Baked Potato Oriental Vegetables Cookies*</p> <p align="right">5</p>	<p align="center"><u>Octoberfest</u></p> <p>Bratwurst w/sauerkraut Baked Beans Cabbage and Carrots Festive Cake*</p> <p align="right">6</p>	<p>White Chicken Chili Rice Broccoli Dinner Roll Fruit</p> <p align="right">7</p>	<p>Beef Stew Baby Carrots Biscuit Fruited Jell-O *</p> <p align="right">8</p>
<p align="center"><u>CLOSED</u></p>  <p align="center">COLUMBUS DAY</p> <p align="right">11</p>	<p>Chicken Patty on Bun Cheesy Potato Brussel Sprouts Fresh Fruit</p> <p align="right">12</p>	<p>Swiss Steak w/ Tomato Sauce Mashed Potatoes Broccoli *Ice Cream</p> <p align="right">13</p>	<p>Turkey Noodle Casserole Yellow/Green Beans Bread Fruit</p> <p align="right">14</p>	<p>Baked Chicken Roasted Wedged Sweet Potatoes Cauliflower Apple Crisp w/ Whip Topping</p> <p align="right">15</p>
<p>Ham & Scalloped Potatoes Seasoned Broccoli Rye Bread Fruit</p> <p align="right">18</p>	<p>Baked Chicken Parsley Potato Corn Peaches</p> <p align="right">19</p>	<p>Lasagna Garlic Green Beans Garlic Knot Peach/Blueberry Crisp w/ Whip Topping</p> <p align="right">20</p>	<p align="center"><u>CHEF'S CHOICE</u></p>  <p align="right">21</p>	<p>Swedish Meatballs w/ Gravy Buttered Noodles Beets Pudding*</p> <p align="right">22</p>
<p>Chicken & Rice Casserole Carrots Dinner Roll Fruit</p> <p align="right">25</p>	<p>Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans Fresh Fruit</p> <p align="right">26</p>	<p>Fish Sandwich Rice Pilaf Broccoli/Cauliflower Jell-O w/ fruit</p> <p align="right">27</p>	<p>BBQ Pork on Bun Baked Potato Corn Pudding*</p> <p align="right">28</p>	<p align="center"><u>Halloween Lunch</u></p> <p>Salisbury Coffin Ghostly Mashed Potatoes Bloody Beets Festive Cupcake*</p> <p align="right">29</p>

Waterloo Congregate Meal Site Meal Sit Down Meal Served M-W-F ONLY ----- Congregate Meal Served at 12 noon.

Waterloo Grab n' Go Meals – Drive Through M-F (Open 12:15 – 12:45 pm.); Ovid (Verona Village) Grab n' Go Drive Through M-F (Open 11:30 am to 12:45 pm).

ALL participants Waterloo Congregate and/or Waterloo (or Ovid) Grab n' Go MUST be registered and must call to order meals to assure OFA has a meal for you.