

SENECA COUNTY OFFICE FOR THE AGING

June 2022



DEB DILALLO, NUTRITION SERVICES COORDINATOR
 ANGELA M. REARDON, DIRECTOR
 CONTRIBUTIONS: \$2.25/GRAB & GO (GG) HDM'S

OVID HDM/GG (607) 869-2275
 SOUTH COUNTY NUTRITION PROGRAM OFFICE (315)220-3494

\$2.25/WIN HOME DELIVERED MEAL (HOT)
 \$1.75/WIN HOME DELIVERED MEAL (COLD)

WATERLOO CONGREGATE & GG NUTRITION SITE (315) 539-1765

	<u>Meal Charge</u>			
*Restricted Calorie No Sweet Desserts All meals include 1% milk	\$3.50 Congregate Meal for Guests and OFA Staff under 60.	Hamburger on Bun Tater Tots Carrots Birthday Cake Of Choice	Pork Cutlet Mashed Potato Cauliflower W/ Cheese Sauce Sliced Peaches W/Whip Topping *	Baked Chicken Roasted White & Sweet Potato Seasoned Beans Fruit Crisp
6	7	8	9	10
Summer Pasta W/Sausage Tossed Salad Broccoli Cookie *	Turkey Cold Plate Potato Salad Beets & Onion Salad Orange	Hot Dog On Bun Baked Beans W/Sauerkraut Seasoned Carrots Pudding *	Italian Breaded Chicken Mashed Potato Zucchini/Tomatoes Brownie *	Beef Fajita's W/Shredded Mexican Cheese Rice Oven Roasted Onions, Peppers Mexicali Corn Fresh Fruit
13	14	15	16	17
Chicken Broccoli Alfredo Linguini Assorted Vegetables Chocolate Mousse *	Sloppy Joe On Bun Potato Casserole Spinach Fresh Fruit	Meatloaf Mashed Potato Yellow Beans Pears	Spaghetti W/Meatballs Spinach Fruit Crisp	BBQ Chicken Mashed Sweet Potato Corn Cup Cake *
20	21	22	23	24
<i>Juneteenth Day</i> CLOSED <small>© CanStockPhoto.com</small>	<u>Cold Plate</u> Salmon Salad Macaroni Salad Broccoli Salad Pudding	Hot Turkey Sandwich Mashed Potato Carrots Mandarin Oranges	Macaroni and Cheese Stewed Tomatoes Fruit Crisp *	Fish Sandwich Baked Potato Seasoned California Blend Cookie *
27	28	29	30	Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program
Chicken Patty Sweet Potato Bites Mixed Vegetables Fruit*	<u>Cold Plate</u> Egg Salad Pasta & Vegetable Salad Three Bean Salad Pudding*	Lasagna Broccoli Garlic Knot Fresh Fruit	Turkey and Rice Casserole Spinach Bread Cookie *	

Waterloo Congregate Meal Site Serves Sit-down Meals Monday- Friday -Sit Down Meals Served at 12 noon.

Drive-Through Grab & Go Meals: Waterloo: M-F 12:15 p.m. – 12:45 p.m. Ovid (Verona Village): M-F 11:30 a.m. – 12:45 p.m.

ALL PARTICIPANTS MUST BE REGISTERED AND MUST CALL TO ORDER MEALS TO ASSURE OFA HAS A MEAL FOR YOU.