

**SENECA COUNTY OFFICE FOR THE AGING
NOVEMBER 2022**











**DEB DILALLO, NUTRITION SERVICES COORDINATOR
ANGELA M. REARDON, DIRECTOR**

OVID HDM/GG (607) 869-2275

**CONTRIBUTIONS: \$2.25/GRAB & GO (GG) HDM'S
\$2.25/WIN HOME DELIVERED MEAL (HOT)
\$1.75/WIN HOME DELIVERED MEAL (COLD)**

**SOUTH COUNTY NUTRITION PROGRAM OFFICE (315)220-3494
WATERLOO CONGREGATE & GG NUTRITION SITE (315) 539-1765**

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| <p>Contributions for meals are completely voluntary. Any contribution you wish to make will be greatly appreciated and used to expand the program</p> | <p>1 Turkey and Rice Casserole Steamed Carrots Cornbread Warm Spiced Apple Slices</p> | <p>2 Breaded Pork Chop Baked Potato Creamed Corn Bread Diced Pears</p> | <p>3 Goulash Pears with Pearl Onions Roll Sherbet</p>  | <p>4 Spaghetti & Meatballs Broccoli Garlic Knot Mandarin Oranges</p> |
| <p>7 BBQ Chicken Sandwich Au Gratin Potatoes Mixed Vegetables Roll Cookies*</p> | <p>8 <u>CLOSED</u> </p> | <p>9 Creamed Cod Boiled Potatoes Beets Bread Pineapple</p> | <p>10 Stuffed Peppers Winter Mix Vegetables Dinner Roll Chocolate Birthday Cake w/Icing</p> | <p>11 <u>CLOSED</u> </p> |
| <p>14 Italian Meatloaf Mash Potatoes Brussel Sprouts Bread Banana</p> | <p>15 Macaroni & Cheese Stewed Tomatoes Rad Mandarin Oranges</p> | <p>16 Turkey Tetrizzini Beets Roll Fruited Jello*</p> | <p>17 BBQ Pork on Bun Roasted Sweet Potatoes Green & Yellow Beans Pudding*</p> | <p>18 Baked Italian Chicken Orzo Broccoli Garlic Knot Fruit</p> |
| <p>21 Hamburger on Bun Baked Beans Mixed Vegetables Pineapple</p> | <p>22 Roasted Turkey w/Gravy Dressing Mashed Potatoes Green Bean Casserole Pie</p> | <p>23 Vegetable Lasagna Broccoli Salad Bread Oranges</p> | <p>24 <u>CLOSED</u> </p> | <p>25 <u>CLOSED</u> </p> |
| <p>28 Swiss Steak w/Gravy Mashed Potatoes Roasted Cauliflower Dinner Roll Peaches w/Whipped Topping</p> | <p>29  BBQ Chicken Thighs Baked Potatoes Corn Bread Apple Crisp w/Topping</p> | <p>30   <u>CHEF'S CHOICE</u></p> | <p><u>Meal Charge</u> \$3.50 Congregate Meal for Guests and OFA Staff under 60.</p> | <p>*Restricted Calorie No Sweet Desserts All meals include 1% milk</p> |

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.