

Jefferson County Office for the Aging Nutrition Program

FOR MEAL RESERVATION OR CANCELLATION PLEASE CALL THE OFFICE FOR THE AGING 24 HOURS IN ADVANCE AT (315) 785-3191

Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Breaded Fish Oven Roasted Potatoes Peas Chunky Applesauce Whole Wheat Bun Milk	Lemon Dill Baked Chicken over Seasoned Rice Zucchini Harvard Beets Pineapple Whole Wheat Bread Milk	Roast Turkey with Stuffing Mashed Potatoes with Gravy Carrots & Green Beans Pumpkin Pie Wheat Dinner Roll Chocolate Milk	Happy Thanksgiving! Closed for Thanksgiving Holiday No Meals Served	County Offices Closed No Meals Served
Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
White Chicken Chili Green Beans Fruited Gelatin with Whipped Topping Warm Corn Bread Yogurt Milk	Lasagna Roll Up Italian Vegetables Red Cabbage Peaches Milk	Egg Omelet w/ Cheese Sauce Breakfast Potatoes with Peppers & Onions Stewed Tomatoes Mandarin Oranges Whole Wheat Bread Milk	Pork Stir Fry over Rice Broccoli & Red Peppers Warm Pears Whole Wheat Bread Milk	Penne Pasta with Italian Sausage Spinach Warm Apple Crisp Whole Wheat Bread Milk
Monday 12/8	Tuesday 12/9	Wednesday 12/10	Thursday 12/11	Friday 12/12
Hearty Goulash Cauliflower & Broccoli Warm Fruit Medley Whole Wheat Bread Milk	BBQ Chicken on a Bun Baked Beans Mixed Vegetables Fruit Salad Whole Wheat Hamburger Bun Milk	Tomato Basil Fish Seasoned Rice Tex Mex Vegetable Blend Pineapple Whole Wheat Bread Milk	Chicken with Gravy Mashed Potatoes Spinach Mixed Fruit Whole Wheat Bread Milk	Meatball Sub Brussel Sprouts Warm Applesauce Whole Wheat Hotdog Bun Cookie Milk
Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19
Chicken with Tuscan Sauce Parslied Potatoes Green Beans Banana	Roast Turkey with Stuffing Hubbard Squash Cabbage Tropical Fruit Whole Wheat Roll	Macaroni & Cheese Strewed Tomatoes & Zucchini Broccoli Cinnamon Apples	Broccoli Cheddar Cheese Soup Ham Sandwich Carrots Warm Peaches	Roast Pork with Gravy Peas Mashed Sweet Potato Whole Wheat Bread Mandarin Oranges

Graham Crackers Milk	Milk	Whole Wheat Bread Milk	Whole Wheat Bread Chocolate Milk	Milk
Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26
Meatloaf Mashed Potatoes Brussel Sprouts Applesauce Whole Wheat Bread Milk	Calico Chili Carrots Cinnamon Pears Sherbet Corn Bread Milk	Roast Beef with Gravy Mashed Potatoes Green Beans Cheesecake Parfait with cherry topping Whole Wheat Bread Milk	Merry Christmas! Closed for Christmas Holiday No Meals Served	Chicken Vegetable Soup Seafood Salad Broccoli & Cauliflower Warm Peach Crisp Crackers Milk
Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2
Parmesan Encrusted Chicken over Rice Spinach Tuscan Blend Vegetables Banana Whole Wheat Bread Milk	Pork & Mushroom Stew over Pasta Peas Warm Fruit Medley Whole Wheat Bread Milk	Swedish Meatballs over Noodles Zucchini Harvard Beets Mandarin Oranges Whole Wheat Bread Milk	Happy New Year! Closed for New Years Day No Meals Served	Minestrone Soup Tuna Fish Salad Brussel Sprouts Warm Pears Whole Wheat Bread Chocolate milk
Monday 1/5	Tuesday 1/6	Wednesday 1/7	Thursday 1/8	Friday 1/9
Meatball Stroganoff Stewed Tomatoes Green Beans Mandarin Oranges Whole Wheat Bread Milk	Roast Pork with Gravy Mashed potatoes Italian Blend Vegetables Strawberry Mousse Whole Wheat Bread Milk	Baked Vegetable Ziti Warm Peaches Warm Garlic Bread Tossed Salad Pina Colada Yogurt Milk	King Ranch Chicken Casserole Lima Beans Warm Cinnamon Apples Cake Whole Wheat Bread Milk	Shepherd's Pie Cauliflower Fruited Gelatin with Whipped Topping Warm Whole Wheat Roll Milk
Monday 1/12	Tuesday 1/13	Wednesday 1/14	Thursday 1/15	Friday 1/16
Sloppy Joes on a Bun Broccoli Yellow Beans Tropical Fruit Whole Wheat Hamburger Bun Milk	Chicken ala King over Rice Green Beans & Carrots Pineapple Warm Buttermilk Biscuit Milk	Vegetable Soup Egg Salad Sandwich Red Cabbage Warm Fruit Medley Crackers Milk	Honey Glazed Pork Mashed Sweet Potatoes Zucchini 100/% Juice Whole Wheat Bread Chocolate Milk	Creamy Chicken & Vegetable Pasta Bake Spinach Warm Cinnamon Applesauce Whole Wheat Bread Milk

Menu Is Subjected To Change