

Jefferson County Office for the Aging Nutrition Program – September 29th to November 21st

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

Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2	Friday 10/3
Spaghetti with Meat Sauce Cauliflower w/ Bell Peppers Mandarin Oranges Pudding Warm Italian Bread Milk	Breaded Fish Hubbard Squash Stewed Tomatoes Pineapple Tidbits Graham Crackers Milk	Chicken Supreme over Pasta Corn Broccoli & Carrots 100% Juice Whole Wheat Bread Milk	Ham with Pineapple Sauce Oven Roasted Potatoes Harvard Beets Apple Whole Wheat Bread Milk	Spanish Rice Tossed Salad Italian Vegetable Blend Strawberry Mousse Warm Garlic Bread Milk
Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
Chicken Broccoli Bake Parslied Potatoes Warm Apple Crisp Whole Wheat Bread Milk	Pork & Mushroom Stew over Rice Shredded Cabbage Peaches Warm Buttermilk Biscuit Chocolate Milk	Calico Chili Rice Florentine Warm Cinnamon Pears Poke Cake Crackers Milk	Shepherd's Pie Green Beans Banana Warm Muffin Milk	Vegetable Soup Chicken Salad Sandwich Steamed Peas Warm Pineapple Tidbits Whole Wheat Bread Milk
Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
No Meal Delivery Closed for Observance Of Columbus Day	Macaroni & Cheese Stewed Tomatoes French-style Green Beans Orange Whole Wheat bread Milk	Honey Glazed Pork Whipped Sweet Potatoes Brussel Sprouts Strawberries Graham Crackers Milk	Split Pea Soup Egg Salad Sandwich Catalina Island Vegetable Blend Warm Cinnamon Pears Whole Wheat Bread Chocolate Milk	Parmesan Encrusted Chicken Potatoes O'Brien Harvard Beets Applesauce Cookie Whole Wheat Bread
Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
Italian Sausage w/peppers & onions Baked Beans Warm Peaches Wheat Hotdog Bun Milk	Hearty Goulash Lima Beans Pineapple Tidbits Warm Garlic Bread Milk	Open Face Hot Turkey Sandwich Whipped Potatoes Mixed Vegetables Apple Whole Wheat Bread Milk	Roast Pork topped w/ Cabbage Hubbard Squash Pumpkin Bavarian Warm Corn Bread Milk	Chicken Vegetable Soup Tuna Salad Sandwich Spinach 100% Juice Sherbet Whole Wheat Bread Milk
Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31

Baked Chicken with Gravy Whipped Potatoes Steamed Peas Applesauce Graham Crackers Chocolate Milk	Pork Stir Fry over Rice Tex Mex Vegetable Blend Warm Cinnamon Pears Pudding Whole Wheat Bread Milk	Italian Wedding Soup Seafood Salad Green Beans Warm Peaches Crackers Milk	Chicken Cacciatore over Pasta Cauliflower Pears Flavored Gelatin with Whipped Topping Warm Garlic Bread Milk	Hearty Hamburger Stew Harvard Beets Banana Warm Muffin Milk
Monday 11/3	Tuesday 11/4	Wednesday 11/5	Thursday 11/6	Friday 11/7
Beefy Cabbage Casserole Hubbard Squash Strawberries Warm Buttermilk Biscuit Milk	White Chicken Chili Spinach Warm Peaches Cookie Crackers Milk	Egg Omelet w/ Cheese Sauce Oven Roasted Potatoes Stewed Tomatoes Orange Whole Wheat Bread Milk	Potato & Corn Chowder Chicken Waldorf Salad Broccoli & Carrots Warm Fruit Medley Whole Wheat Bread Milk	Roast Pork with Stuffing Brussel Sprouts Yellow Wax Beans Applesauce Graham Crackers Milk
Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Swedish Meatballs over Potatoes Lima Beans Warm Fruit Medley Dessert Whole Wheat Bread Milk	No Meal Delivery Closed for Observance Of Veteran's Day	Chicken ala King over Rice Harvard Beets Pineapple Tidbits Warm Muffin Milk	Home style Meatloaf w/Gravy Whipped Potatoes Peas & Onions Fresh Apple Whole Wheat Bread Chocolate Milk	Baked Ziti with Vegetables Cauliflower Warm Peaches Poke Cake Whole Wheat Bread Milk
Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Sweet & Sour Pork over Rice Spinach Warm Fruit Crisp Whole Wheat Bread Milk	Hot Meat Ball Sub French Style Green Beans Warm Cinnamon Apple Slices Wheat Hot Dog Bun Milk	Roast Pork with Gravy Whipped Potatoes Mediterranean Blend Vegetables Fresh Orange Whole Wheat Bread Milk	Vegetable Pasta Primavera Lima Beans Tropical Fruit Warm Banana Bread Milk	Lentil Soup Turkey Sandwich Cabbage Warm Fruit Medley Whole Wheat Bread Milk

Menu Is Subjected To Change