

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 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22	Friday 1/23
Closed for Holiday No Meals Served	Egg Omelet with Cheese Sauce Potatoes O'Brien Stewed Tomatoes 100% Orange Juice Graham Crackers	White Chicken Chili Corn Broccoli Strawberry Yogurt Parfait Crackers	Breaded Fish Sandwich Spinach Warm Applesauce Coleslaw Wheat Hamburger Bun	Roast Pork topped with Scalloped Potatoes Lima Beans Warm Corn Bread Pineapple
Monday 1/26	Tuesday 1/27	Wednesday 1/28	Thursday 1/29	Friday 1/30
Lasagna Roll Ups Green Beans Cauliflower Banana Wheat Dinner Roll	Turkey with Gravy Over Mashed Potatoes Broccoli Baked Apples Whole Wheat Bread	Ham & Potato Casserole Brussel Sprouts Warm Dinner Roll Mandarin Oranges	Hamburger Macaroni Soup Green Beans Crackers Warm Peach Crisp Chocolate Milk	Chicken Broccoli Bake Carrots Warm Pears Whole Wheat Bread
Monday 2/2	Tuesday 2/3	Wednesday 2/4	Thursday 2/5	Friday 2/6
Goulash Italian Style Zucchini Harvard Beets Whole Wheat Bread Banana	Pulled BBQ Pork Sandwich Boiled Potatoes Warm Applesauce Coleslaw Wheat Hamburger Bun	Tuna Macaroni Salad Cold Plate Carrot Raisin Salad Four Bean Salad Fresh Apple Crackers Chocolate Milk	Lemon Garlic Roasted Chicken Mashed Potatoes Green Beans Mixed Fruit Whole Wheat Bread	Shepherd's Pie Spinach Warm Peaches Whole Wheat Bread Cake
Monday 2/9	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13
Taco Casserole Tex Mex Vegetable Blend Zucchini Whole Wheat Bread Strawberry Applesauce	Chicken Breast Sandwich Lettuce/Tomato Brussel Sprouts Fresh Tangerine Wheat Hamburger Bun Warm Brownie	Stuffed Pepper Soup Egg Salad Sandwich Green beans Warm Peaches Whole Wheat Bread – 2 slices	Chicken Stir Fry over Rice Broccoli Warm Apple Crisp Whole Wheat Bread	Baked Ziti Italian Vegetable Blend Warm Garlic Bread Fruit Cup
Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20

Crispy Fish Mashed Potatoes Red Cabbage Whole Wheat Bread Banana	Turkey Waldorf Salad Cold Plate Potato Salad Lettuce/Tomato Whole Wheat Roll Fruit Cup	King Ranch Chicken Casserole Lima Beans Carrots Whole Wheat Bread Pineapple	Beef Stew Green Beans Warm Corn Bread Peaches Chocolate Milk	Vegetable Pasta Primavera Spinach Warm Biscuit Blueberry Yogurt Parfait
Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Sweet and Sour Pork over Rice Green Beans Cabbage Applesauce Whole Wheat Bread	Kielbasa with Peppers & Onions Mashed Sweet Potatoes Brussel Sprouts Clementines Whole Wheat Bread	Spaghetti with Meat sauce Tossed Salad Warm Pears Warm Garlic Bread Pudding	Parmesan Crusted Chicken Mashed Potatoes Spinach 100% Juice Whole Wheat Bread	Calico Chili Carrots Warm Corn Bread Sherbet Pineapple
Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Navy Bean Soup Seafood Salad Broccoli Warm Fruit Medley Dessert Crackers Chocolate Milk	Hot Meatball Sub Spinach Baked Apples Wheat Hotdog Bun	Chicken Supreme over Rice Green Beans Cauliflower with Bell Peppers Fruit Cup Whole Wheat Bread	French Onion Burger Roasted Potatoes Brussel Sprouts Wheat Hamburger Bun Peaches	Vegetable Egg Bake Potatoes O'Brien Warm Muffin Mandarin Oranges with whipped topping
Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Meatloaf with Gravy Mashed Potatoes Zucchini Banana Whole Wheat Bread	Chicken Vegetable Soup Tuna Salad Winter Vegetable Blend Pineapple Crackers	Honey Glazed Pork Tex Mex Vegetable Blend Harvard Beets Lemon Blossom Whole Wheat Bread	Open Faced Hot Turkey Mashed Potatoes Mixed Vegetable Blend Strawberry Yogurt Parfait Whole Wheat Bread	Macaroni & Cheese Broccoli Stewed Tomatoes Applesauce Whole Wheat Bread

Menu Is Subjected To Change