

Jefferson County Office for the Aging Nutrition Program 2025 Late Summer August 4th - September 26th

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

Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8
Chicken with Gravy Parslied Potatoes Italian-style Zucchini Fresh Orange Whole Wheat Bread Chocolate Milk	Egg Salad Cold Plate Pasta Salad Cauliflower & Bean Salad Diced Pears Crackers Milk	Hearty Goulash Broccoli Warm Pineapple Tidbits Cookie Warm Garlic Bread Milk	Ham Sandwich Coleslaw Pickled Beets Strawberries Whole Wheat Bread Milk	Baked Breaded Fish Barley with Vegetables Chuck Wagon Blend Vegetables Applesauce Graham Crackers Milk
Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15
Sweet & Sour Pork over Rice Brussel Sprouts Warm Fruit Crisp Whole Wheat Bread Milk	Chicken Supreme over Pasta Spinach Summer Squash Fresh Apple Whole Wheat Bread Milk	Seafood Salad Cold Plate Macaroni Salad Four Bean Salad Fruit Cup Crackers Milk	Beefy Cabbage Casserole Carrots Fruited Gelatin Warm Buttermilk Biscuit Milk	Turkey & Cheese Roll up Bowtie Pasta Salad Tomato & Cucumber Slices Diced Pears Wheat Dinner Roll Milk
Monday 8/18	Tuesday 8/19	Wednesday 8/20	Thursday 8/21	Friday 8/22
Swedish Meatballs over Potatoes Lima Beans Warm Fruit Medley Dessert Whole Wheat Bread Milk	Tuna Fish Salad Sandwich Chickpea Salad Marinated Vegetables Peaches Whole Wheat Bread Chocolate Milk	Pork with Savory Stuffing Stewed Tomatoes Cauliflower Fresh Melon Whole Wheat Bread Milk	Chicken Waldorf Salad English Pea Salad Summer Tossed Salad Pina Colada Yogurt Crackers Milk	Shepherd's Pie Cabbage & Carrots Fresh Banana Warm Muffin Milk
Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29
Baked Ziti with Vegetables Spinach Warm Cinnamon Pears Dessert Yogurt Whole Wheat Bread Milk	Salisbury Steak with Gravy Whipped Potatoes Mixed Vegetables Strawberries Whole Wheat Bread Milk	Cottage Cheese Cold Plate Macaroni Salad Cauliflower & Bean Salad Peaches Cookie Milk	Chicken ala King over Rice Broccoli Harvard Beets Fruit Cup Graham Crackers Milk	Pulled Pork BBQ on Bun Coleslaw Baked Beans Warm Applesauce Wheat Hamburger Bun Chocolate Milk
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5

No Meal Delivery Closed for Observance of Labor Day	Egg Omelet w/ Cheese Sauce Carrots Stewed Tomatoes Apple Graham Crackers Milk	Chicken Supreme over Pasta Corn Broccoli 100% Juice Whole Wheat Bread Milk	Pork Stir Fry over Rice Harvard Beets Warm Fruit Medley Dessert Whole Wheat Bread Milk	Spaghetti with Meat Sauce Italian Vegetable Blend Peaches Warm Garlic Bread Milk
Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
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 Pineapple Tidbits Poke Cake Crackers Milk	Tuna Mac Salad Cold Plate Four Bean Salad Carrot Raisin Salad Banana Wheat Dinner Roll Milk	Beef & Barley Soup Chicken Salad Sandwich Peas Warm Cinnamon Pears Whole Wheat Bread Milk
Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
Spanish Rice Cauliflower w/ Bell Peppers Fruit Cup Pudding Warm Italian Bread Milk	Parmesan Encrusted Chicken Potatoes O'Brien Harvard Beets Applesauce Cookie Whole Wheat Bread Milk	Honey Glazed Pork Sweet Potatoes Brussel Sprouts Strawberries Graham Crackers Milk	Split Pea Soup Egg Salad Sandwich Catalina Island Veg Blend Warm Cinnamon Pears Whole Wheat Bread Chocolate Milk	Macaroni & Cheese Stewed Tomatoes French-style Green Beans Orange Whole Wheat bread Milk
Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26
Italian Sausage w/peppers & onions Baked Beans Warm Peaches Wheat Hotdog Bun Milk	Sloppy Joes on Bun Lima Beans Warm Pineapple Tidbits Sherbet Wheat Hamburger Bun Milk	Open Face Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Apple Whole Wheat Bread Chocolate Milk	Roast Pork topped w/ Cabbage Butternut Squash 100% Orange Juice Dessert Yogurt Warm Corn Bread Milk	Vegetable Soup Tuna Salad Sandwich Spinach Warm Fruit Medley Dessert Whole Wheat Bread Milk

Menu Is Subjected To Change