

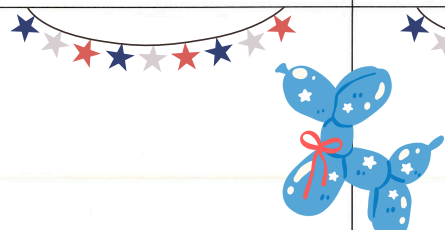


July 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191.

All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Veggie & Cheese Omelet Potatoes O'Brien Stewed Tomatoes 100% Orange Juice Bran Muffin	2 Hot Dog w/ Whole Wheat Bun Mixed Vegetables Baked Beans Apple Pie Coleslaw	3 Happy 4th of July! Meal Sites & Offices Closed 
6 Hearty Veggie Bean Soup Cauliflower Mixed Fruit Warm Biscuit	7 Turkey with Gravy Mashed Potatoes Green Beans Peach Yogurt Parfait Whole Wheat Bread	8 Chicken Waldorf Salad Four Bean Salad Carrot Raisin Salad Grape Salad Whole Wheat Crackers	9 Breaded Fish w/ Whole Wheat Bun Roasted Potatoes Spinach Pineapple	10 Tuna Salad Cold Plate Potato Salad Marinated Vegetable Salad Fresh Strawberries Whole Wheat Sub Roll
13 Seasoned Pork Chop Mashed Potatoes Brussel Sprouts Applesauce Whole Wheat Bread	14 Meatballs w/ Whole Wheat Sub Roll Carrots & Peas Red Cabbage Fruited Jello	15 Closed for the Office for the Aging Annual Senior Picnic. No Meal Delivery.	16 Macaroni & Cheese Italian Stewed Tomatoes Mixed Vegetables Pears Whole Wheat Bread	17 Chicken Riggies Broccoli Banana Garlic Bread Chocolate Milk
20 Tuscan Chicken over Brown Rice Spinach Warm Peaches Whole Wheat Bread	21 Spaghetti & Meat Sauce Green Beans Warm Garlic Bread Fresh Apple Chocolate Milk	22 Turkey Noodle Soup Zucchini Corn Cottage Cheese & Mandarins Whole Wheat Crackers	23 BBQ Rib w/ Whole Wheat Bun Potato Salad Lima Beans Mixed Fruit	24 Turkey Roll Ups Classic Pasta Salad Broccoli Quinoa Salad Fresh Watermelon Sherbet Whole Wheat Sub Roll
27 Mexican Chicken Casserole Sweet Potatoes Street Corn Lime Dessert	28 Goulash Cheesy Broccoli Warm Pears Pudding Whole Wheat Bread	29 Chicken w/ Parmesan Cream Sauce Mashed Potatoes Green Beans 100% Juice Whole Wheat Bread	30 Seafood Salad Cold Plate Macaroni Salad Creamy Cucumber Salad Fresh Peach Whole Wheat Sub Roll	31 Pulled Pork w/ Whole Wheat Bun Garlic Roasted Potatoes Brussel Sprouts Applesauce

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Amanda Woolhaugh, RDN


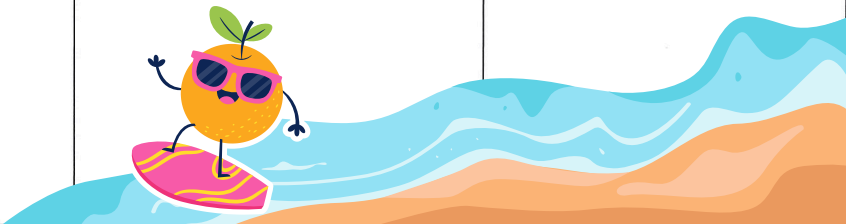
August 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191.

All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Vegetable Ziti Cauliflower Green Beans Fresh Orange Whole Wheat Bread	4 Sweet & Sour Meatballs Mashed Potatoes Glazed Carrots Pineapple Whole Wheat Bread	5 Lemon Garlic Roasted Chicken Sweet Potatoes Broccoli Mixed Fruit Whole Wheat Bread	6 Italian Sausage w/ Peppers & Onions on Whole Wheat Bun Baked Beans Brussel Sprouts Banana	7 Tuna Macaroni Salad Four Bean Salad Tomato & Cucumber Salad Fresh Cantaloupe Whole Wheat Crackers
10 Baked Ham w/ Pineapple Sauce Brown Rice Mixed Vegetables Pineapple Delight Whole Wheat Bread	11 Roast Beef w/ Whole Wheat Bun Potato Salad Coleslaw Fresh Apple	12 Vegetable Pasta Primavera Carrots & Peas Warm Garlic Bread Pears Chocolate Milk	13 BBQ Chicken Sandwich w/ Whole Wheat Bun Roasted Potatoes Green Beans Mixed Fruit Oatmeal Cookie	14 French Toast Casserole Turkey Sausage Cheesy Broccoli Blueberry Yogurt Parfait
17 Sloppy Joe w/ Whole Wheat Bun Baked Potato Brussel Sprouts Strawberry Dessert	18 Unstuffed Peppers Carrots Warm Peaches Graham Crackers Chocolate Milk	19 Creamy Tomato Soup Mixed Vegetables Warm Corn Bread Egg Salad & Crackers Apricots	20 Roast Pork with Gravy Mashed Potatoes Spinach Cinnamon Applesauce Whole Wheat Bread	21 Chicken Salad Southwest Quinoa Salad Pea Salad Fresh Grapes Whole Wheat Roll
24 Meatloaf with Gravy Mashed Potatoes Broccoli Mandarin Oranges Whole Wheat Bread	25 Baked Fish in Garlic Sauce w/ Pasta Harvard Beets Zucchini Pears Whole Wheat Bread	26 Ham & Cheese Frittata Potatoes O'Brien Spinach 100% Orange Juice Bran Muffin	27 King Ranch Chicken Casserole Green Beans Corn Fresh Peach Whole Wheat Bread	28 Stuffed Shells Italian Stewed Tomatoes Mixed Green Salad Mixed Berry Crisp Whole Wheat Bread
31 Cheeseburger Casserole Mixed Vegetables Baked Apples Poke Cake Whole Wheat Bread				

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Amanda Woolhaugh, RDN

