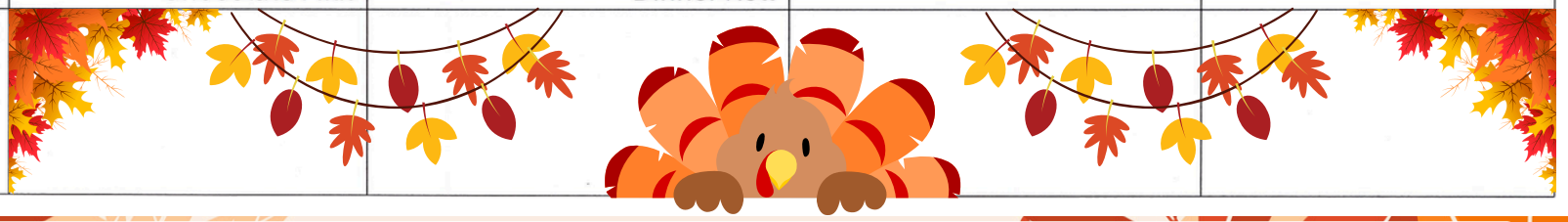
November 2026

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
2 **Lemon Dill Baked Chicken over Wild Rice** Sweet Potato & Cranberries Green Beans Apricots	3 **Breaded Fish** Macaroni & Cheese Peas Pineapple Whole Wheat Bun	4 **Ham, Egg & Cheese Omelet** Potatoes O'Brien Stewed Tomatoes Fresh Orange Whole Grain Muffin	5 **Pork Stir Fry** White Rice Broccoli & Red Peppers Applesauce Whole Wheat Bread	6 **Beef Lasagna** Italian Vegetable Blend Peach Crisp Whole Wheat Bread
9 **Italian Sausage Pasta** Brussel Sprouts Warm Pears Whole Wheat Bread	10 **Potato & Corn Chowder** Roasted Carrots Warm Biscuit Mixed Fruit	11 **Closed for Veteran's Day** **No Meals Served**	12 **Pulled BBQ Chicken** Baked Beans Berry Crisp Coleslaw Whole Wheat Bun Chocolate Milk	13 **Tomato Basil Fish** Over Brown Rice Spinach Baked Apples Whole Wheat Bread
16 **Meatloaf with Gravy** Mashed Potatoes Peas & Corn Cinnamon Applesauce Whole Wheat Bread	17 **Tuscan Chicken** Over Buttered Pasta Green Beans Warm Garlic Bread Peach Yogurt Parfait	18 **Turkey Ziti** Cauliflower Broccoli Fresh Orange Whole Wheat Bread	19 **Honey Glazed Pork** Mashed Sweet Potatoes Zucchini Pineapple Whole Wheat Bread	20 **Seafood Salad** Pasta Salad Broccoli Salad Fruited Gelatin Dessert Whole Wheat Roll
23 **Swedish Meatballs** over Pasta Brussel Sprouts Cauliflower Apricots	24 **Chicken Noodle Soup** Broccoli Warm Biscuit Fresh Banana Chocolate Milk	25 **Roast Turkey & Stuffing** Mashed Potatoes & Gravy Herb Roasted Carrots Pumpkin Pie Dinner Roll	26 **Happy Thanksgiving!** **Closed for Thanksgiving Holiday** **No Meals Served**	27 **County Offices Closed** **No Meals Served**
30 **Three Bean Chili** Green Beans Corn Bread Mixed Fruit				



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.

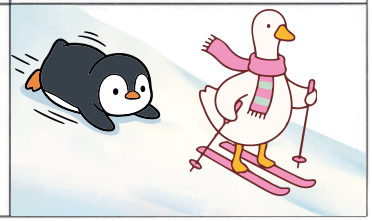
Amanda Woolrough, RDN

December 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 **Creamy Parmesan Chicken over Wild Rice** Peas & Corn Peaches Whole Wheat Bread	2 **Spaghetti & Meatballs** Italian Blend Vegetables Garlic Bread Fresh Orange Oatmeal Raisin Cookie	3 **Sausage & Veggie Egg Bake** Hash Browns Baked Apple Oatmeal Whole Grain Muffin 100% Juice	4 **Baked Fish Scandia** Garlic Roasted Potatoes Roasted Carrots Mixed Fruit Whole Wheat Bread
7 **Shepherd's Pie** Spinach Warm Cinnamon Pears Biscuit	8 **Cheeseburger Macaroni** Brussel Sprouts Stewed Tomatoes Berry Yogurt Parfait Chocolate Milk	9 **Sweet & Sour Chicken** Brown Rice Broccoli Whole Wheat Bread Pineapple Dessert	10 **Roast Pork Tenderloin** w/ Creamy Herb Sauce over Butternut Squash Green Beans Baked Apples Whole Wheat Bread	11 **Minestrone Soup** Lima Beans Peach Crisp Tuna Salad Whole Wheat Roll
14 **Scalloped Potatoes & Ham** Peas Whole Wheat Dinner Roll Fruit Bread	15 **Turkey Pumpkin Chili** Broccoli Breadstick Applesauce	16 **Sloppy Joe** Green Beans Corn Fresh Banana Whole Wheat Bun	17 **Chicken Broccoli Bake** Roasted Carrots Cauliflower Pineapple Whole Wheat Bread	18 **Macaroni & Cheese** Stewed Tomatoes Zucchini Apple Yogurt Parfait
21 **Meatball Sub** Herb Roasted Potatoes Brussel Sprouts Apricots	22 **Stuffed Pepper Bake** Roasted Carrots Pear Crisp Whole Wheat Bread	23 **Italian Wedding Soup** Broccoli Warm Biscuit Peaches Chocolate Milk	24 **Honey Glazed Ham with Pineapple** Mashed Potatoes & Gravy Green Beans Dinner Roll Cherry Cheesecake Dessert	25 **Merry Christmas!** **Closed for Christmas Holiday** **No Meals Served**
28 **Baked Chicken & Gravy** Mashed Potatoes Spinach Mixed Fruit Whole Wheat Bread	29 **Taco Soup** Black Bean Salsa Warm Corn Bread Cilantro Lime Slaw Mandarin Oranges	30 **Southwest Chicken** Sweet Potato Wedges Broccoli & Red Peppers Fresh Apple Whole Wheat Bread	31 **Pork & Mushroom Stew over Pasta** Peas Carrots Pear Yogurt Parfait	

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 Woolnough, RDN