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Jefferson County Office for the Aging Nutrition Program Menu Late Fall – November 7 to December 30

Call Prestige at (315) 686-4440 for meal reservation 24 hours in advance

Office for the Aging – (315)785-3191



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Monday 11/7	Tuesday 11/8	Wednesday 11/9	Thursday 11/10	Friday 11/11
Beefy Cabbage Casserole Whipped Potatoes Peas & Carrots Chocolate Ice Cream Wheat Dinner Roll Milk	Chicken Breast with Supreme Sauce Baked Sweet Potatoes & Apples French Style Green Beans Banana Wheat Bread Milk	Breaded Fish Macaroni & Cheese Italian Style Zucchini Mandarin Oranges Rye Bread Chocolate Milk	Beef Pepper Steak over noodles Brussel Sprouts Carrot Raisin Salad Peaches Warm Biscuit Milk	Veteran's Day No Meals Served All Sites Closed
Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17	Friday 11/18
Sweet & Sour Pork over Rice Cauliflower Red Cabbage Butterscotch Pudding Rye Bread Milk	Egg Omelet with Cheese Sauce Oven Brown Potatoes Fried Spinach Fruit Cocktail Wheat Bread Chocolate Milk	Spaghetti & Meatballs Tossed Salad Capri Blend Vegetables Fresh Orange Warm Garlic Bread Milk	Navy Bean Soup & Seafood Salad Diced Beets Flavored Yogurt Grape Juice Warm Cornbread Milk	Chicken Thigh with Gravy Whipped Potatoes Broccoli with Cheese Sauce Strawberries with Whipped Topping Oat Bran Muffin Milk
Monday 11/21	Tuesday 11/22	Wednesday 11/23	Thursday 11/24	Friday 11/25
Baked Fish with Lemon Sauce Acorn Squash Brussel Sprouts Pears Italian Bread Milk	Macaroni & Cheese Stewed Tomatoes Corn Orange Juice Fresh Apple Milk	Turkey topped with Savory Stuffing Whipped Potatoes Green Bean Casserole Wheat Dinner Roll Pumpkin Pie Chocolate Milk	HAPPY THANKSGIVING!!! NO MEALS SERVED ALL SITES CLOSED	BLACK FRIDAY!!! NO MEALS SERVED ALL SITES CLOSED
Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday 12/1	Friday 12/2
Spanish Rice Green Peas Cauliflower Pineapple Tidbits Italian Bread Milk	Boiled Ham Dinner with Cabbage, Potatoes and Carrots Yogurt with fruit Wheat Dinner Roll Milk	Pasta Fagioli Soup Tuna Fish Salad Sub Spinach Peach Crisp Submarine Roll Milk	Meatloaf with Gravy Whipped Potatoes Italian Blend Vegetables Banana Rye Bread Chocolate Milk	Chicken Stew Cubed Yams Broccoli with Cheese Sauce Mandarin Oranges Italian Bread Milk

“Free language interpretation services are available from OFA”

*CONDIMENTS NOT PROVIDED

The menu is subject to change.

These programs and services are made possible by the contribution from program participants, the County of Jefferson, the N.Y.S. Office for the Aging, and the U.S. Administration on Aging.

CHECK WWNY TV CHANNEL 7 FOR NEWS OF MEAL CANCELLATIONS!

Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9
Fish Sandwich Creamed Corn Brussel Sprouts Fruit Cocktail Wheat Hamburger Bun Milk	Parmesan Encrusted Chicken Leg Cheesy Potatoes Harvard Beets Orange Wheat Bread Chocolate Milk	Lasagna with Meat Sauce Green Peas Tossed Salad Chocolate Chip Cookie Warm Garlic Bread Milk	Turkey Broccoli Bake Acorn Squash Warm Pears Apple Juice Wheat Dinner Roll Milk	Corned Beef Hash Stewed Tomatoes Lima Beans Cranberry Gelatin Salad Baking Powder Biscuit Milk
Monday 12/12	Tuesday 12/13	Wednesday 12/14	Thursday 12/15	Friday 12/16
Chicken Thighs with Gravy Whipped Potatoes Carrots Peaches Orange Juice Rye Bread Milk	Spaghetti & Italian Sausage Spinach Parmesan Strawberries Warm Garlic Bread Milk	Sliced Roast Pork topped with Scalloped Potatoes Red Cabbage Warm Cinnamon Apple Slices with Raisins Oat Bran Muffin Milk	Swedish Meatballs Creamy Barley with Vegetables Cauliflower with Pimento Fruited Pudding with Whipped Topping Chocolate Milk	Bean Burrito Capri Vegetables Cheesy Dipping Salsa Yellow Cake with Chocolate Frosting Milk
Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23
Hungarian Goulash Green Beans with Chick Peas Mandarin Oranges Warm Garlic Bread Milk	Hot Open Faced Turkey Sandwich Whipped Potatoes Italian Blend Vegetables Banana Wheat Bread Chocolate Milk	Italian Wedding Soup Egg Salad Sandwich Carrots Warm Pears Grape Juice Sandwich Roll Milk	Hotdog & Bean Chili Broccoli with Cheese Sauce Tossed Salad Warm Corn Bread Flavored Yogurt Milk	Chicken Breast with Cheese Sauce Sweet Potato Diced Beets Lemon Blossom Rye Bread Milk
Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30
<i>HAVE A SAFE AND MERRY CHRISTMAS!!!</i> <i>NO MEALS SERVED</i> <i>ALL SITES CLOSED</i>	Kielbasa topped with Sauerkraut Oven Roasted Potatoes Mexican Corn Tapioca Pudding Wheat Hotdog Bun Milk	Chicken ala King over Noodles Cauliflower Peas & Pearl Onions Fruit Cocktail Wheat Bread Milk	Baked Fish with Lemon Sauce Coleslaw Red Beans and Rice Spinach Diced Peaches Chocolate Milk	Roast Beef with Gravy Whipped Potatoes Brussel Sprouts Rye Bread Apple Pie Milk

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