

Jefferson County Office for the Aging Nutrition Program 2024 Spring Menu March 18th to May 10th

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

<b>Monday 3/18</b>	<b>Tuesday 3/19</b>	<b>Wednesday 3/20</b>	<b>Thursday 3/21</b>	<b>Friday 3/22</b>
Corned Beef & Cabbage Parslied Potatoes Carrots Lucky Green Dessert Whole Wheat Bread Milk	Pork Stew over Rice Spinach Tropical Fruit Cup Warm Buttermilk Biscuit Chocolate Milk	Potato Corn Chowder Tuna Fish Salad Sandwich Green Beans Warm Peaches Whole Wheat Bread Milk	BBQ Chicken "Salt-less" Salt Potatoes Broccoli with Cheese Sauce Strawberries Whole Wheat Bread Milk	Calico Chili Hubbard Squash Lemon Blossom Warm Corn Bread Milk
<b>Monday 3/25</b>	<b>Tuesday 3/26</b>	<b>Wednesday 3/27</b>	<b>Thursday 3/28</b>	<b>Friday 3/29</b>
King Ranch Chicken Casserole Steamed Peas Warm Cinnamon Apple Slices Graham Crackers Milk	Spaghetti & Meat Sauce French-style Green Beans Warm Peaches Whole Wheat Bread Milk	Roast Pork with Gravy Whipped Potatoes Mediterranean Blend Veg Fresh Orange Cookie Whole Wheat Bread Milk	Carrot Soup Egg Salad Sandwich Chuck Wagon Blend Veg Warm Cinnamon Pears Whole Wheat Bread Milk	Vegetable Pasta Primavera Spinach 100% Juice Warm Banana Bread Milk
<b>Monday 4/1</b>	<b>Tuesday 4/2</b>	<b>Wednesday 4/3</b>	<b>Thursday 4/4</b>	<b>Friday 4/5</b>
Ham topped w/ Pineapple Sauce Whipped Sweet Potato Green Beans Sherbet Whole Wheat Bread Milk	Parmesan Encrusted Chicken Marinated Vegetable Salad Stewed Tomatoes Applesauce Warm Garlic Bread Milk	Salisbury Steak with Gravy Whipped Potatoes Peas & Carrots Pumpkin Bavarian Whole Wheat Bread Milk	Breaded Fish Red Beans & Rice Lima Beans Tropical Fruit Cup Whole Wheat Bread Milk	Roast Pork topped w/ Cabbage Capri Blend Vegetable Fresh Banana Warm Muffin Chocolate Milk
<b>Monday 4/8</b>	<b>Tuesday 4/9</b>	<b>Wednesday 4/10</b>	<b>Thursday 4/11</b>	<b>Friday 4/12</b>
<b>Please use frozen meals provided week before.</b>  <b>No meal delivery</b>	<b>Please use frozen meals provided week before.</b>  <b>No meal delivery</b>	Hamburger Stew Harvard Beets Strawberries Dessert Yogurt Warm Buttermilk Biscuit Milk	Turkey with Stuffing Cheesy Potatoes Brussel Sprouts Fresh Apple Whole Wheat Bread Milk	Split Pea Soup Seafood Salad Cauliflower w/ Bell Pepper Warm Cinnamon Pears Whole Wheat Bread Milk

<b>Monday 4/15</b>	<b>Tuesday 4/16</b>	<b>Wednesday 4/17</b>	<b>Thursday 4/18</b>	<b>Friday 4/19</b>
Chicken Supreme Sauce Hubbard Squash Cabbage Pineapple Tidbits Graham Crackers Chocolate Milk	Goulash Steamed Peas Warm Fruit Crisp Whole Wheat Bread Milk	Egg Omelet w/ Cheese Sauce & topped w/ Onions & Peppers Oven Roasted Potatoes 100% Juice Warm Corn Bread Milk	Beef Pepper Steak over Rice Cauliflower Broccoli Cookie Fresh Banana Whole Wheat Bread Milk	Lentil Soup Chicken Salad Sandwich Corn Warm Peaches Whole Wheat Bread Milk
<b>Monday 4/22</b>	<b>Tuesday 4/23</b>	<b>Wednesday 4/24</b>	<b>Thursday 4/25</b>	<b>Friday 4/26</b>
Sloppy Joes on Bun Potatoes O'Brien Carrots Fresh Orange Wheat Hamburger Bun Milk	Chicken Riggis Italian Blend Vegetables Peaches Warm Garlic Bread Milk	Macaroni & Cheese Stewed Tomatoes Broccoli Pina Colada Yogurt Whole Wheat Bread Milk	Honey Glazed Pork Sweet Potatoes Creamy Coleslaw Warm Cinnamon Pears Whole Wheat Bread Milk	Shepherd's Pie Green Beans Warm Chunky Applesauce Graham Crackers Milk
<b>Monday 4/29</b>	<b>Tuesday 4/30</b>	<b>Wednesday 5/1</b>	<b>Thursday 5/2</b>	<b>Friday 5/3</b>
Rib-B-Q on Bun Baked Beans Mixed Vegetables 100% Juice Whole Wheat Bun Milk	Meatloaf w/Gravy Whipped Potatoes Italian Style Zucchini Fresh Apple Whole Wheat Bread Chocolate Milk	Chicken Broccoli Bake Cabbage Strawberries with Whipped Topping Warm Buttermilk Biscuit Milk	Vegetable Soup Turkey Sandwich Spinach Warm Peaches Pudding Whole Wheat Bread Milk	Tuna Macaroni Salad English Pea Salad Pickled Beets Tropical Fruit Cup Crackers Milk
<b>Monday 5/6</b>	<b>Tuesday 5/7</b>	<b>Wednesday 5/8</b>	<b>Thursday 5/9</b>	<b>Friday 5/10</b>
Chicken with Gravy Sweet Potatoes French-style Green Beans Tropical Fruit Cup Whole Wheat Bread Milk	Pork Stir Fry over Rice Corn Fresh Orange Warm Muffin Milk	Italian Wedding Soup Egg Salad Sandwich Peas & Onions Warm Applesauce Whole Wheat Bread Milk	Swedish Meatballs over Potatoes Tuscan Blend Vegetables Warm Cinnamon Pears Cookie Whole Wheat Bread Milk	Chicken Parmesan over Pasta Tossed Salad Lima Beans Slice of Pie Warm Garlic Bread Milk

Menu Is Subjected To Change