

Jefferson County Office for the Aging Nutrition Program 2024 Winter Menu January 22<sup>nd</sup> to March 15<sup>th</sup>

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

<b>Monday 1/22</b>	<b>Tuesday 1/23</b>	<b>Wednesday 1/24</b>	<b>Thursday 1/25</b>	<b>Friday 1/26</b>
Pork Stew over Rice Yellow Wax Beans Warm Apple Crisp Whole Wheat Bread Milk	Roasted Lemon Garlic Chicken Whipped Sweet Potatoes Peas & Onions Tropical Fruit Cup Whole Wheat Bread Chocolate Milk	Navy Bean Soup Tuna Macaroni Salad Chuck Wagon Blend Veg Warm Cinnamon Pears Saltine Crackers Milk	Hearty Goulash Cold Chickpea Salad Cauliflower w/ Cheese Sauce Pineapple Tidbits Warm Garlic Bread Milk	Hearty Goulash Cold Chickpea Salad Cauliflower w/ Cheese Sauce Pineapple Tidbits Warm Garlic Bread Milk
<b>Monday 1/29</b>	<b>Tuesday 1/30</b>	<b>Wednesday 1/31</b>	<b>Thursday 2/1</b>	<b>Friday 2/2</b>
Swedish Meatballs over Noodles Spinach Harvard Beets Peaches Whole Wheat Bread Milk	Kielbasa topped w/ onions Parslied Potatoes Cabbage & Carrots Orange Whole Wheat Bread Milk	King Ranch Chicken Casserole Cold English Pea Salad French-style Green Beans Pineapple Tidbits Warm Fruit Bread Milk	Roast Pork with Gravy Mashed Potatoes Steamed Broccoli Tropical Fruit Cup Sherbet Graham Crackers Milk	Minestrone Soup Egg Salad Sandwich Mediterranean Blend Veg Warm Chunky Applesauce Whole Wheat Bread Milk
<b>Monday 2/5</b>	<b>Tuesday 2/6</b>	<b>Wednesday 2/7</b>	<b>Thursday 2/8</b>	<b>Friday 2/9</b>
Chicken w/ Supreme Sauce Winter Squash Brussel Sprouts Tropical Fruit Cup Whole Wheat Bread Chocolate Milk	Three Bean Chili Cauliflower Peaches Warm Corn Bread Dessert Yogurt Milk	Roast Pork topped w/ Stuffing Mashed Potatoes Dilled Carrot & Zucchini Fresh Apple Graham Crackers Milk	Broccoli & Cheese Soup Chicken Salad Sandwich Corn Pears Whole Wheat Bread Milk	Beef Pepper Steak over Rice Steamed Peas Yellow Wax Beans Pumpkin Bavarian Whole Wheat Bread Milk
<b>Monday 2/12</b>	<b>Tuesday 2/13</b>	<b>Wednesday 2/14</b>	<b>Thursday 2/15</b>	<b>Friday 2/16</b>
Western Egg Bake w/ Ham Oven Roasted Potatoes Carrots Pineapple Tidbits Graham Crackers Milk	Parmesan Encrusted Chicken Rice Florentine Lima Beans, Corn & Red Bell Pepper Vegetable Mix Tropical Fruit Cup Whole Wheat Bread Milk	Vegetable Pasta Primavera Stewed Tomatoes Warm Biscuit (for Strawberry Shortcake) Strawberries w/ Whipped Topping Milk	Meatloaf with Gravy Whipped Sweet Potatoes Shredded Cabbage Fresh Banana Cookie Whole Wheat Bread Milk	Seafood Salad Cold Plate Bowtie Pasta Salad Pickled Beets Peaches Crackers Milk
<b>Monday 2/19</b>	<b>Tuesday 2/20</b>	<b>Wednesday 2/21</b>	<b>Thursday 2/22</b>	<b>Friday 2/23</b>

<b>CLOSED for HOLIDAY</b>	Spanish Rice Broccoli Warm Applesauce Pudding Graham Cracker Milk	Chicken ala King over Mashed Potatoes Green Beans Fresh Orange Warm Muffin Chocolate Milk	Rib-B-Que on Bun Baked Beans Harvard Beets Tropical Fruit Wheat Hamburger Bun Milk	Vegetable Soup Tuna Fish Salad Sandwich Spinach Warm Cinnamon Pears Ice Cream Whole Wheat Bread Milk
<b>Monday 2/26</b>	<b>Tuesday 2/27</b>	<b>Wednesday 2/28</b>	<b>Thursday 2/29</b>	<b>Friday 3/1</b>
Sweet & Sour Pork over Rice Shredded Cabbage Steamed Peas 100% Juice Graham Crackers Milk	White Chicken Chili Winter Squash Pears & Peaches Fruit Mix Cookie Warm Garlic Bread Milk	Stuffed Pepper Soup Egg Salad Sandwich Cauliflower Warm Peach Crisp Whole Wheat Bread Milk	Shepherd's Pie French-style Green Beans Fresh Apple Warm Muffin Milk	Macaroni & Cheese Stewed Tomatoes Carrots Tropical Fruit Whole Wheat Bread Milk
<b>Monday 3/4</b>	<b>Tuesday 3/5</b>	<b>Wednesday 3/6</b>	<b>Thursday 3/7</b>	<b>Friday 3/8</b>
Chicken Broccoli Bake Mashed Potatoes Warm Chunky Applesauce Whole Wheat Bread Chocolate Milk	Spaghetti & Meatballs Cauliflower Warm Pineapple Tidbits Whole Wheat Bread Milk	Honey Glazed Pork Cheesy Potatoes Spinach Tropical Fruit Whole Wheat Bread Milk	Chicken w/ Tuscan Sauce Carrots Lima Beans Fresh Banana Poke Cake Whole Wheat Bread Milk	Breaded Fish Whipped Sweet Potatoes Harvard Beets Cranberry Gelatin Salad Graham Crackers Milk
<b>Monday 3/11</b>	<b>Tuesday 3/12</b>	<b>Wednesday 3/13</b>	<b>Thursday 3/14</b>	<b>Friday 3/15</b>
Beefy Cabbage Casserole Corn Warm Cinnamon Pears Pudding Whole Wheat Bread Milk	Hot Open Faced Turkey Sandwich Mashed Potatoes Broccoli Fresh Orange Whole Wheat Bread Milk	Chicken Riggies Steamed Peas Peaches Warm Muffin Milk	Pork Stir Fry over Rice Brussel Sprouts 100% Juice Warm Corn Bread Milk	Baked Vegetable Ziti French-style Green Beans Warm Apple Slices Cookie Whole Wheat Bread Milk

Menu Is Subjected To Change