

Jefferson County Office for the Aging Nutrition Program 2024 Fall October 28<sup>th</sup> – December 20<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 10/28</b>   | <b>Tuesday 10/29</b>  | <b>Wednesday 10/30</b>   | <b>Thursday 10/31</b>  | <b>Friday 11/1</b>  |
|---|---|--|--|---|
| New York-style Chili<br>Cauliflower<br>Warm Peaches<br>Pudding<br>Whole Wheat Bread<br>Milk                       | Ham & Potato Casserole<br>Steamed Peas<br>Strawberries<br>Warm Corn Bread<br>Milk   | Hearty Bean Soup<br>Egg Salad Sandwich<br>Broccoli<br>Warm Cinnamon Pears<br>Crackers<br>Chocolate Milk                            | King Ranch Chicken<br>Casserole<br>Tossed Salad<br>Yellow Wax Beans<br>Banana<br>Warm Buttermilk Biscuit<br>Milk       | Shepherd's Pie<br>Dilled Carrots & Zucchini<br>Warm Apple Crisp<br>Whole Wheat Bread<br>Milk                        |
| <b>Monday 11/4</b>  | <b>Tuesday 11/5</b>   | <b>Wednesday 11/6</b>  | <b>Thursday 11/7</b>   | <b>Friday 11/8</b>  |
| Pork & Mushroom Stew<br>over Rice<br>Brussel Sprouts<br>Warm Fruit Medley<br>Dessert<br>Whole Wheat Bread<br>Milk | Chicken with Tuscan<br>Sauce<br>Sweet Potato<br>Harvard Beets<br>Fruit Cocktail<br>Whole Wheat Bread<br>Milk                  | Sloppy Joes on Bun<br>Green Beans<br>Cauliflower w/ Cheese<br>Sauce<br>100% Juice<br>Wheat Hamburger Bun<br>Milk                   | Kielbasa with Onions<br>Parslied Potatoes<br>Spinach<br>Pineapple Tidbits<br>Whole Wheat Bread<br>Milk                 | Tuna Macaroni Salad<br>Chickpea Salad<br>Fresh Apple<br>Cookie<br>Wheat Dinner Roll<br>Milk                         |
| <b>Monday 11/11</b>   | <b>Tuesday 11/12</b>  | <b>Wednesday 11/13</b>   | <b>Thursday 11/14</b>  | <b>Friday 11/15</b>   |
| <b>Closed for Veteran's Day<br/>Holiday</b><br><br><b>No Meals Served</b>   | Egg Omelet w/ Cheese<br>Sauce<br>Stewed Tomatoes<br>Chuck Wagon Vegetable<br>Blend<br>Fresh Orange<br>Graham Crackers<br>Milk | Lemon Garlic Roasted<br>Chicken<br>Barley with Vegetables<br>Peas & Onions<br>Strawberries<br>Sherbet<br>Whole Wheat Bread<br>Milk | Meatball Stroganoff<br>Cauliflower & Bean Salad<br>Cabbage<br>Warm Cinnamon<br>Applesauce<br>Whole Wheat Bread<br>Milk | Honey Glazed Pork<br>Mashed Potatoes<br>Broccoli & Carrots<br>Peaches<br>Whole Wheat Bread<br>Chocolate Milk        |
| <b>Monday 11/18</b>   | <b>Tuesday 11/19</b>  | <b>Wednesday 11/20</b>   | <b>Thursday 11/21</b>  | <b>Friday 11/22</b>   |
| Parmesan Encrusted<br>Chicken<br>Hubbard Squash<br>Yellow Wax Beans<br>Tropical Fruit<br>Graham Crackers<br>Milk  | Beefy Goulash<br>Italian Blend Vegetables<br>Fresh Apple<br>Poke Cake<br>Warm Garlic Bread<br>Milk                            | Pork Stir Fry over Rice<br>Spinach<br>Warm Buttermilk Biscuit<br>Pudding with Fruit<br>Milk  | Baked Breaded Fish<br>Cheesy Potatoes<br>Harvard Beets<br>Peaches<br>Whole Wheat Bread<br>Milk                         | Pasta Fagioli Soup<br>Chicken Salad Sandwich<br>Brussel Sprouts<br>Warm Cinnamon Pears<br>Whole Wheat Bread<br>Milk |

| <b>Monday 11/25</b>   | <b>Tuesday 11/26</b>  | <b>Wednesday 11/27</b>  | <b>Thursday 11/28</b>   | <b>Friday 11/29</b>   |
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| Beefy Cabbage Casserole<br>Broccoli<br>Warm Pineapple Tidbits<br>Whole Wheat Bread<br>Milk                | Vegetable Pasta<br>Primavera<br>Steamed Peas<br>100% Juice<br>Warm Banana Bread<br>Milk   | Roast Turkey with Stuffing<br>Mashed Potatoes<br>Mixed Vegetables<br>Pumpkin Pie<br>Wheat Dinner Roll<br>Chocolate Milk | <b>Closed for<br/>Thanksgiving Holiday</b><br><br><b>No Meals Served</b>                          | <b>County Offices Closed</b><br><br><b>No Meals Served Today</b>  |
| <b>Monday 12/2</b>  | <b>Tuesday 12/3</b>   | <b>Wednesday 12/4</b>   | <b>Thursday 12/5</b>  | <b>Friday 12/6</b>  |
| Rib-B-Q on Bun<br>Tex Mex Vegetable Blend<br>Harvard Beets<br>Strawberries<br>Wheat Hamburger Bun<br>Milk | Chicken ala King over<br>Rice<br>French-style Green Beans<br>Carrots<br>Applesauce<br>Whole Wheat Bread<br>Milk                 | Spaghetti with Meat Sauce<br>Tossed Salad<br>Warm Peaches<br>Cookie<br>Warm Garlic Bread<br>Milk                        | Chicken Vegetable Soup<br>Seafood Salad<br>Cauliflower<br>Warm Cinnamon Pears<br>Crackers<br>Milk | Roast Pork with Gravy<br>Mashed Potatoes<br>Spinach<br>Banana<br>Cranberry Gelatin Salad<br>Whole Wheat Bread<br>Milk |
| <b>Monday 12/9</b>  | <b>Tuesday 12/10</b>  | <b>Wednesday 12/11</b>  | <b>Thursday 12/12</b>   | <b>Friday 12/13</b>   |
| Baked Vegetable Ziti<br>Steamed Peas<br>Warm Peach Crisp<br>Italian Bread<br>Milk                         | Meatloaf w/ Gravy<br>Mashed Potatoes<br>Mediterranean Blend<br>Vegetable<br>Fresh Orange<br>Whole Wheat Bread<br>Chocolate Milk | Lentil Soup<br>Tuna Fish Salad Sandwich<br>Yellow Wax Beans<br>Warm Apple Slices<br>Whole Wheat Bread<br>Milk           | Sweet & Sour Pork over<br>Rice<br>Succotash<br>Tropical Fruit<br>Warm Corn Bread<br>Milk          | Chicken Broccoli Bake<br>Hubbard Squash<br>Warm Fruit Medley<br>Dessert<br>Graham Crackers<br>Milk                    |
| <b>Monday 12/16</b>   | <b>Tuesday 12/17</b>  | <b>Wednesday 12/18</b>  | <b>Thursday 12/19</b>   | <b>Friday 12/20</b>   |
| Chicken Supreme<br>Spinach<br>Carrots<br>100% Juice<br>Whole Wheat Bread<br>Milk                          | Macaroni & Cheese<br>Stewed Tomatoes<br>Brussel Sprouts<br>Peaches<br>Whole Wheat Bread<br>Milk                                 | Roast Pork topped with<br>Cabbage<br>Sweet Potato<br>Pineapple Delight<br>Warm Muffin<br>Milk                           | Spanish Rice<br>Broccoli<br>Banana<br>Lemon Mousse<br>Warm Garlic Bread<br>Milk                   | Potato Corn Chowder<br>Egg Salad Sandwich<br>Green Beans<br>Warm Applesauce<br>Whole Wheat Bread<br>Milk              |

Menu Is Subjected To Change