

Jefferson County Office for the Aging Nutrition Program 2024 December 23<sup>rd</sup> – February 14<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 12/23</b>	<b>Tuesday 12/24</b>	<b>Wednesday 12/25</b>	<b>Thursday 12/26</b>	<b>Friday 12/27</b>
<b>Breaded Fish</b> Hubbard Squash Cauliflower Fresh Apple Whole Wheat Bread Chocolate Milk	<b>Roast Beef with Gravy</b> Mashed Potatoes Mixed Vegetables Chocolate Mousse w/ Maraschino Cherry Topping Whole Wheat Bread Milk	<b>Merry Christmas!</b> <b>CLOSED for Christmas                      Holiday</b> <b>No Meals Served</b>	<b>White Chicken Chili</b> Seasoned Rice with Vegetables Warm Peaches Dessert Yogurt Crackers Milk	<b>Penne Pasta w/ Italian                      Sausage</b> Italian Blend Vegetables Warm Cinnamon Pears Whole Wheat Bread Milk
<b>Monday 12/30</b>	<b>Tuesday 12/31</b>	<b>Wednesday 1/1</b>	<b>Thursday 1/2</b>	<b>Friday 1/3</b>
<b>Pork Stir Fry over Rice</b> Corn Warm Peach Crisp Whole Wheat bread Milk	<b>Lasagna with White                      Sauce</b> French-style Green Beans Strawberries Ice Cream Warm Garlic Bread Milk	<b>Happy New Year!</b> <b>CLOSED for New Year's                      Day</b> <b>No Meals Served</b>	<b>Hot Meatball Sub</b> Steamed Peas Warm Chunky Applesauce Wheat Hotdog Bun Milk	<b>Chicken with Gravy</b> Mashed Potatoes Dilled Carrot & Zucchini Fresh Orange Cookie Whole Wheat Bread Milk
<b>Monday 1/6</b>	<b>Tuesday 1/7</b>	<b>Wednesday 1/8</b>	<b>Thursday 1/9</b>	<b>Friday 1/10</b>
<b>Hearty Goulash</b> Capri Blend Vegetables Warm Cinnamon Pears Pudding Whole Wheat Bread Milk	<b>BBQ Chicken on Bun</b> Baked Beans Harvard Beets Applesauce Wheat Hamburger Bun Milk	<b>Egg Omelet with Cheese                      Sauce</b> Oven Roasted Potatoes Spinach Peach Bavarian Graham Crackers Milk	<b>Broccoli Cheddar                      Cheese Soup</b> <b>Turkey Sandwich</b> Carrots Warm Pineapple Tidbits Whole Wheat Bread Chocolate Milk	<b>Roast Pork Topped w/                      Cabbage</b> Sweet Potato Fresh Banana Warm Muffin Milk
<b>Monday 1/13</b>	<b>Tuesday 1/14</b>	<b>Wednesday 1/15</b>	<b>Thursday 1/16</b>	<b>Friday 1/17</b>
<b>Chicken with Tuscan                      Sauce</b> Parslied Potatoes Green Beans Tropical Fruit Salad Graham Crackers Milk	<b>Pork &amp; Mushroom Stew                      over Rice</b> Steamed Peas Warm Fruit Medley Dessert Whole Wheat Bread Milk	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Broccoli Strawberries Whole Wheat Bread Milk	<b>Shepherd's Pie</b> Brussel Sprouts Fresh Apple Gelatin with Whipped Topping Warm Buttermilk Biscuit Milk	<b>Chicken Vegetable Soup</b> <b>Seafood Salad Sandwich</b> Cauliflower Warm Peaches Whole Wheat Bread Milk

<b>Monday 1/20</b>	<b>Tuesday 1/21</b>	<b>Wednesday 1/22</b>	<b>Thursday 1/23</b>	<b>Friday 1/24</b>
<b>CLOSED for Martin Luther King, Jr. Day No Meals Served</b>	<b>Calico Chili</b> Carrots Warm Cinnamon Pears Sherbet Crackers Milk	<b>Swedish Meatballs over Rice</b> Mediterranean Blend Harvard Beets Fresh Orange Whole Wheat Bread Milk	<b>Honey Glazed Pork</b> Potatoes O'Brien Yellow Wax Beans Peaches Whole Wheat Bread Chocolate Milk	<b>Creamy Chicken &amp; Vegetable Pasta Bake</b> Chickpea Salad Warm Cinnamon Applesauce Warm Banana Bread Milk
<b>Monday 1/27</b>	<b>Tuesday 1/28</b>	<b>Wednesday 1/29</b>	<b>Thursday 1/30</b>	<b>Friday 1/31</b>
<b>Boiled Ham Dinner w/ Cabbage</b> Potatoes Carrots Peaches Whole Wheat Bread Milk	<b>Roast Turkey with Stuffing</b> Hubbard Squash Broccoli Tropical Fruit Graham Crackers Milk	<b>Baked Vegetable Ziti</b> French-style Green Beans Pina Colada Yogurt Warm Garlic Bread Milk	<b>Italian Wedding Soup Chicken Salad Sandwich</b> Corn Warm Fruit Medley Dessert Whole Wheat Bread Milk	<b>Hearty Hamburger Stew</b> New Item- Lima Bean Veg Medley Fresh Banana Warm Buttermilk Biscuit Milk
<b>Monday 2/3</b>	<b>Tuesday 2/4</b>	<b>Wednesday 2/5</b>	<b>Thursday 2/6</b>	<b>Friday 2/7</b>
<b>Parmesan Encrusted Chicken</b> Sweet Potato Spinach Applesauce Graham Crackers Milk	<b>Meatball Stroganoff</b> Stewed Tomatoes Green Beans Fresh Orange Whole Wheat Bread Milk	<b>Roast Pork with Gravy</b> Mashed Potatoes Peas & Onions Pumpkin Mousse Whole Wheat Bread Milk	<b>Chicken ala King over Rice</b> Harvard Beets Cauliflower Strawberries Warm Buttermilk Biscuit Milk	<b>Minestrone Soup Tuna Fish Salad</b> Brussel Sprouts Warm Cinnamon Pears Crackers Chocolate Milk
<b>Monday 2/10</b>	<b>Tuesday 2/11</b>	<b>Wednesday 2/12</b>	<b>Thursday 2/13</b>	<b>Friday 2/14</b>
<b>Sloppy Joes on Bun</b> Broccoli Yellow Wax Beans Tropical Fruit Salad Wheat Hamburger Bun Milk	<b>Sweet &amp; Sour Pork over Rice</b> Cabbage Fresh Apple Warm Muffin Milk	<b>Vegetable Soup Egg Salad Sandwich</b> Tex Mex Vegetable Mix Warm Fruit Medley Whole Wheat Bread Milk	<b>Meatloaf with Gravy</b> Mashed Potatoes Marinated Vegetable Salad Warm Peaches Whole Wheat Bread Milk	<b>King Ranch Chicken Casserole</b> Lima Beans 100% Juice Piece of Cake Warm Garlic Bread Milk

Menu Is Subjected To Change