

Oswego County
Opportunities
Senior Nutrition
Services
Home Delivered Meals
and Dining
& Activity Centers

**Menu Subject
to Change
Without Notice**

1% milk is served
with all meals

All noon meals
include one of the
following: bread,
roll or a biscuit



DON'T FORGET!!!

Our Nutrition HELpline
is available to you at

NO COST
for participant s

592-0766 or
1-800-359-1171 ext 1806
or email
pwilliams@oco.org

Patti Williams, RD
is available
1st Wed of each month
9:00—11:00 am
or
2nd Tues. of each month
1:00—3:00 pm

	Mon	Tue	Wed	Thurs	Fri
	<p>2</p> <p>Closed</p> 	<p>3</p> <p>Homemade Mac & Cheese Stewed Tomatoes California Blend Veg Fruit Cup</p>	<p>4</p> <p>Cranberry Chicken Rice Pilaf Spinach Juice Cookie</p> 	<p>5</p> <p>Lasagna Roll w/Meat Sauce Vegetable Blend Tossed Salad Pudding *Ice Cream</p>	<p>6</p> <p>Ham & Scalloped Potatoes Carrots Juice Cooks Choice Dessert</p>
	<p>9</p> <p>Homemade Soup & Sandwich Juice Cookie</p> 	<p>10</p> <p>Chicken & Biscuits Mashed Potatoes Blended Vegetables Juice Pudding *Ice Cream</p>	<p>11</p> <p>Chili Con Carne Parslied Cauliflower and Carrots Grape Juice Fresh Fruit</p>	<p>12</p> <p>Meatloaf w/Gravy Parslied Potatoes Cabbage Juice Cook's Choice Dessert</p>	<p>13</p> <p>Boneless Pork Chop w/Gravy Stuffing Peas & Carrots Orange Juice Fruit Cup</p>
	<p>16</p> <p>Pasta w/Meat Sauce Italian Blend Vegetables Juice Cooks Choice Dessert</p>	<p>17</p> <p>Beef Stew Winter Blend Vegetables Juice Jello</p> 	<p>18</p> <p>Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Beans Cranberry Juice Tapioca Pudding</p>	<p>19</p> <p>BBQ Chicken Breast Scalloped Potatoes Peas & Carrots Juice Cinn. Applesauce</p>	<p>20</p> <p>Homemade Mac & Cheese Stewed Tomatoes Cooks Choice Vegetable Cookie</p>
	<p>23</p> <p>Crispy Fish Clipper Augratin Potatoes Catalina Blend Vegetables Orange Juice Cookie</p>	<p>24</p> <p>BBQ Pork Rib Creamed Potatoes Autumn Blend Vegetable Fruit Cup</p>	<p>25</p> <p>Cooks Choice Entrée Pasta/Potato/Rice Cooks Choice Vegetable Juice Peaches</p>	<p>26</p> <p>Beef & Cabbage Casserole Peas & Carrots Juice Pudding</p>	<p>27</p> <p>Hofmann Hot Dog Baked Beans Chuckwagon Corn Pudding *Ice Cream</p> 
	<p>30</p> <p>Hamburger Garlic Red Potatoes Vegetables Pudding</p>	<p>31</p> <p>Homemade Mac & Cheese Stewed Tomatoes California Blend Vegetable Fruit Cup</p>			<p>* Ice Cream is served at Congregate Centers Only</p>

January 2012