



**Oswego County Opportunities, Inc.  
Senior Nutrition Program  
March 2011**

**What's New? Nutrition HELPLine**

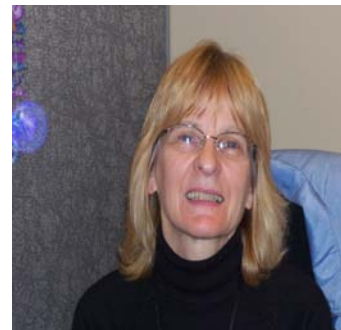
**Have you ever had questions or concerns about your diet or nutritional health? Did you wish you could easily contact a Registered Dietitian to get answers quickly and easily?**

**Well, now you can! As of March 2011, there will be a Nutrition Helpline available to all participants of the Oswego County Senior Nutrition program (Meals on Wheels). Family members and caregivers for the participants will also be able to use the HELPLine to ask questions pertaining to the participant's diet or nutritional concerns.**

**The program Dietitian, Patti Williams, RD will be available to answer your nutrition-related questions two days a month, as follows:**

**1<sup>st</sup> Wednesday of each month: 9:00 – 11:00 am  
2<sup>nd</sup> Tuesday of each month: 1:00 - 3:00 pm**

**You can call her directly at: 592-0766  
or 1-800-359-1171 ext 1806, if you  
prefer, you can contact her by e-mail  
at: [pwilliams@oco.org](mailto:pwilliams@oco.org).**



**Patti will be glad to provide you with personalized assistance with a special diet or other nutritional concerns you may have as a congregate or home-delivered meal participant. Our goal is to provide you with reliable answers to your questions to maintain good nutrition and benefit your health. Just give her a call at one of the times listed above, at your convenience.**

**Night Meals**

All night meals include a sandwich unless specified.

- 1st- Chicken Salad w/Fresh Fruit
- 2nd- Tossed salad w/Pineapple Tidbits
- 3rd- Baked Beans w/Fresh Fruit
- 4th- Egg Salad w/Mandarin Orange
- 7th- Sliced Cheese w/Pears
- 8th- Sliced Turkey w/Graham Crackers
- 9th- Tuna Salad w/Fresh Orange
- 10th- Black & White Bean Salad w/ Fresh Fruit
- 11th- Egg Salad w/a Banana
- 14th- Sliced Cheese w/Fresh Fruit
- 15th- Cottage Cheese w/Fresh Fruit
- 16th- Baked Beans w/Fresh Fruit
- 17th- Tossed salad w/Pineapple Tidbits
- 18th- Tuna Salad w/Mandarin Oranges
- 21st-Sliced Turkey w/ Fresh Orange
- 22nd- Egg Salad w/Fresh Fruit
- 23rd- Sliced Ham w/ Pineapple Tidbits
- 24th- Baked Beans w/ Yogurt
- 25th- Sliced Cheese w/ Fresh Fruit
- 28th- Cottage Cheese w/Fresh Fruit
- 29th- Chicken Salad w/Fresh Fruit
- 30th- Tossed salad w/Pineapple Tidbits
- 31st- Baked Beans w/Fresh Fruit

**Mon**

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

- 7 Pasta w/Meat Sauce
- 5-Way Mix Veg Citrus Juice
- Peaches
- 14 Hot Turkey Sandwich w/Gravy
- Mashed Potato
- Vegetable Blend
- Tropical Fruit

**Tue**

- 1 Italian Sweet Sausage w/Pepper & Onions
- Garden Green Peas
- Baked Sweet Potato
- \*Ice Cream

- 8 Homemade Mac & Cheese
- Vegetable Blend
- Stewed Tomatoes
- Fruit Cup

**Wed**

- 2 Turkey & Veg Stew
- Vegetable Blend
- Juice
- Fresh Fruit

- 9 Chicken-n-Biscuits
- Mashed Potatoes
- Peas & Carrots
- Cranberry Juice
- Jello

**Thurs**

- 3 Seasoned Chicken Breast
- Savory Rice Pilaf
- Oriental Blend Veg
- Citrus Juice
- Fruited Yogurt

- 10 Meatloaf w/Gravy
- Baked Potato
- Steamed Spinach
- Oatmeal Raisin Cookie

**Fri**

- 4 Hearty Tuna Casserole
- Seasoned Green Beans
- Juice
- Brownie

- 11 BBQ Pork Ribs
- Hot Baked Beans
- Chuckwagon Corn
- Citrus Juice
- \*Ice Cream

17

- Sliced Ham
- Parslied Potatoes
- Carrots & Cabbage
- Frosted Cake

18

- Seasoned Chicken
- AuGratin Potatoes
- Vegetable Blend
- Cranberry Juice
- Cookie

24

- Spanish Rice
- Vegetable Blend
- Juice
- Cookie

25

- Crispy Fish Clipper
- Scalloped Potatoes
- Sonoma Blend Veg
- Pears

31

- Seasoned Chicken Breast
- Savory Rice Pilaf
- Oriental Blend Veg
- Citrus Juice
- Fruited Yogurt

**Menu Subject to Change Without Notice**

\* Ice Cream is served at Congregate Centers Only

**March 2011**

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

Nutrition Services

