

# October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Pork Chop w/Gravy Baked Potato Brussel Sprouts Yogurt <i>PBJ</i> Fresh Fruit	<b>2</b> Pasta w/Meat Sauce Catalina Blend Vegetable Tossed Salad Pears <i>Crab Salad Sandwich</i> Fresh Fruit	<b>3</b> OCO's Famous Mac & Cheese Stewed Tomatoes Ice Cream Pudding - Home Delivered <i>Turkey Sandwich</i> <i>Fruit Cup</i>	Crispy Fish Sunshine Carrots Coleslaw Cookie <i>Popcorn Chicken</i> Fresh Fruit
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> Sausage Hoagie with Peppers & Onions Seasoned Potatoes Steamed Spinach Fruit Cup <i>Cheese Sandwich</i> Fresh Fruit	<b>12</b> Sweet & Sour Chicken Meatballs Brown Rice Mandarin Vegetable Blend Juice Fruit Cup <i>Tossed Salad</i> Fresh Fruit	<b>13</b> Hearty Beef Stew Capri Blend Vegetables Juice Cookie <i>Turkey Sandwich</i> Fruit Cup	<b>14</b> Homemade Soup & Sandwich Warm Fruit Pudding <i>Roast Beef</i> Dinner Roll Fresh Fruit	<b>15</b> Chicken Parmesan over Pasta Summer Blend Vegetable Tossed Salad Mandarin Oranges <i>Ham Sandwich</i> Fresh Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Program Closed</b> 	<b>19</b> BBQ Chicken Breast Zucchini & Tomato Corn Applesauce <i>PBJ Sandwich</i> <i>English Muffin &amp; Fresh</i> Fruit	<b>20</b> Cheese Omelet Breakfast Potatoes Warm Fruit Pineapple Tidbits <i>Cottage Cheese</i> Dinner Roll Banana	<b>21</b> Open Face Turkey Sandwich Stuffing Catalina Blend Sherbet Yogurt - Home Delivered <i>Crab Salad Sandwich</i> Fruit Cup	<b>22</b> Ham Steak Boiled Potatoes Cabbage Tropical Fruit <i>Roast Beef</i> Dinner Roll Fresh Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> Glazed Meatloaf Sweet Potato Vegetable Cookie <i>Cheese Sandwich</i> Fresh Fruit	<b>27</b> Spanish Rice Cascade Blend Vegetables Juice Fruit Cup <i>Spinach Salad w/ Egg</i> <i>Applesauce w/Raisins</i> <i>Muffin</i>	<b>28</b> Beef Stroganoff over Egg Noodles Steamed Carrots Juice Fruited Gelatin <i>Chicken Salad Sandwich</i> Fresh Fruit	<b>29</b> Chicken & Biscuit Mashed Potatoes Green Beans Fruit Cocktail <i>Tuna Salad Sandwich</i> Fresh Fruit	<b>30</b> Cooks Choice
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>31</b> Pork Chop w/Gravy Baked Potato Brussel Sprouts Yogurt <i>PBJ</i> Fresh Fruit	<b>32</b> Hamburger Mashed Potatoes Sonoma Blend Vegetable Pineapple Tidbits <i>Cottage Cheese</i> Dinner Roll Fresh Fruit	<b>33</b> Pasta w/Meat Sauce Catalina Blend Vegetable Tossed Salad Pears <i>Crab Salad Sandwich</i> Fresh Fruit	<b>34</b> Crispy Fish Sunshine Carrots Coleslaw Cookie <i>Popcorn Chicken</i> Fresh Fruit	

**Nutrition Services**  
**(315) 598-4712**

Programs are partially supported through grants from our partners:

- Oswego County Office for the Aging
- New York State Office for the Aging
- The United Way of Greater of Oswego Inc

**Happy Halloween!**

Noon meal is in **BOLD**

1% Milk is served with all meals

Notes:  
**CLOSED 10/14**

