

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Pork Chop With Gravy Mashed Potatoes Sunshine Carrots Cookie <i>PBL Sandwich w/Fresh Fruit</i>	Hamburger Stew Squash Fruit Cup <i>Turkey Sandwich/Tropical Fruit Cup</i>	OCO's Famous Mac & Cheese Stewed Tomatoes Steamed Broccoli Ice Cream Pudding -HDM <i>Taco Salad w/Fruit Cup</i>	Turkey Burger w/Lettuce & Tomato Zucchini & Tomatoes Green Beans Fruited Gelatin	Swedish Meatballs Over Egg Noodles Corn w/Red Peppers Juice Peaches <i>Ham & Cheese Sandwich w/ Yogurt</i>
8	9	10	11	12
Hamburger Sweet Potato Cascade Blend Vegetable Fruit Cup <i>Cheese Sandwich w/Fresh Orange</i>	Hearty Soup & Sandwich Warm Fruit Cookie <i>Tossed Salad w/Spinach & Hard Boiled Egg Dinner Roll & Fresh Fruit</i>	Beef Goulash Capri Blend Vegetable Juice Peaches <i>Crab Salad w/ Fresh Fruit</i>	Ham Steak Boiled Potatoes Carrots & Cabbage Pudding <i>Turkey Salad Sandwich w/Fruit Cup</i>	Home-Style BBQ Chicken Yellow Squash & Red Peppers Potato Salad Fruit Cocktail <i>Roast Beef Sandwich w/Fresh Orange</i>
15	16	17	18	19
Pepper Steak Au Gratin Potatoes Cauliflower & Brussels Sprouts Applesauce <i>PBL w/English Muffin & Fresh Fruit</i>	Chicken Parmesan over Pasta Green & Yellow Beans Tossed Salad Cookie <i>Cottage Cheese</i>	Chicken & Biscuit w/Mashed Potatoes & Gravy Mixed Vegetable Mandarin Oranges <i>Egg Salad Sandwich w/Banana</i>	OCO's Famous Mac & Cheese Stewed Tomatoes Steamed Broccoli Fruit Cup <i>Turkey Sandwich w/Fruit Cup</i>	Program Closed for Good Friday
22	23	24	25	26
Cheddar Omelet Breakfast Potatoes Warm Fruit Cookie <i>Cheese Sandwich w/Fresh Orange</i>	Cooks Choice <i>Tossed Salad w/ Dinner Roll & Fresh Fruit</i>	Sweet & Sour Chicken Meatballs over Rice Mandarin Blend Vegetable Juice Mandarin Oranges <i>Tuna Salad Sandwich</i>	Roast Beef & Gravy Mashed Potatoes Summer Blend Vegetable Fruited Gelatin <i>Crab Salad w/Fresh Fruit</i>	Spanish Rice Carrots Tossed Salad Pudding <i>Hearty Italian Salad w/ Dinner Roll, Fresh Fruit & Cheese Stick</i>
29	30	<p>Happy Easter!</p> 		
Pork Chop With Gravy Mashed Potatoes Sunshine Carrots Cookie <i>PBL Sandwich w/Fresh Fruit</i>	Swedish Meatballs Over Egg Noodles Corn w/Red Peppers Juice Peaches <i>Ham & Cheese Sandwich w/ Yogurt</i>			



Nutrition Services
(315) 598-4712
Dial 0 to speak to someone

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 Oswego Inc

Noon meal is in **BOLD**

NOTES:

No meal delivery Friday, April 19th

