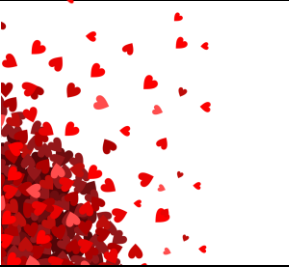
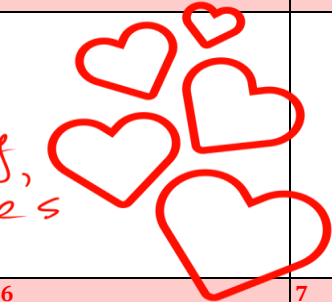



# February 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Cheddar Omelet</b> <b>Breakfast Potatoes</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>PBJ w/Fresh Fruit</i>	<b>Meatball Marinara Sub</b> <b>Steamed Green Beans</b> <b>Tossed Salad</b> <b>Fruit Cocktail</b> <i>Cottage Cheese w/Dinner Roll &amp; Fresh Fruit</i>	<b>OCO's Famous</b> <b>Mac &amp; Cheese</b> <b>Stewed Tomatoes</b> <b>Steamed Broccoli</b> <b>Pudding</b> <i>Turkey Sandwich w/Fresh Fruit</i>	<b>Baked Ham</b> <b>Au Gratin Potatoes</b> <b>Brussel Sprouts</b> <b>Fruited Gelatin</b> <i>Crab Salad Sandwich w/Pineapple Tidbits</i>	<b>Spanish Rice</b> <b>Summer Blend</b> <b>Vegetable</b> <b>Cranberry Juice</b> <b>Ice Cream/Pudding - HDM</b> <i>Crispy Chicken Tortilla Wrap w/Fruit Cup</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Glazed Meatloaf</b> <b>Winter Squash</b> <b>Cauliflower &amp; Peppers</b> <b>Applesauce</b> <i>Cheese Sandwich w/Fresh Fruit &amp; Animal Cracker</i>	<b>Hearty Soup &amp; Sandwich</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>Tossed Salad w/Spinach, Dinner Roll &amp; Tropical Fruit</i>	<b>Chili</b> <b>Baked Potato</b> <b>Autumn Blend</b> <b>Vegetable</b> <b>Mandarin Oranges</b> <i>Tuna Salad Sandwich w/Pears</i>	<b>Chicken Breast</b> <b>w/Creamy Pesto</b> <b>over Pasta</b> <b>Catalina Blend</b> <b>Vegetable</b> <b>Juice &amp; Peaches</b> <i>Ham Sandwich w/Apple</i>	<b>Crispy Fish</b> <b>Country Blend</b> <b>Vegetable</b> <b>Coleslaw</b> <b>Ice Cream/Pudding - HDM</b> <i>Chicken Salad Sandwich w/Banana</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Program Closed for Presidents Day Holiday	<b>Sausage Hoagie</b> <b>w/Peppers &amp; Onions</b> <b>Beets</b> <b>Green &amp; Yellow Beans</b> <b>Cookie</b> <i>PBJ w/English Muffin &amp; Fresh Orange</i>	<b>Chicken &amp; Biscuit</b> <b>w/Mashed Potatoes</b> <b>Mixed Vegetable</b> <b>Fruit Cup</b> <i>Cottage Cheese w/a Dinner Roll &amp; Fresh Fruit</i>	<b>Pork Chop with Gravy</b> <b>Creamed Potatoes</b> <b>Sunshine Carrots</b> <b>Fruited Jello</b> <i>Crab Salad w/ Fruit Cup</i>	<b>Beef Goulash</b> <b>Italian Blend Vegetable</b> <b>Tossed Salad</b> <b>Fruit Cup</b> <i>Turkey Sandwich/Fresh Fruit</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>Salisbury Steak</b> <b>w/Onion Gravy</b> <b>Mashed Potatoes</b> <b>Corn</b> <b>Applesauce</b> <i>Cheese Sandwich w/Fresh Fruit &amp; Graham Crackers</i>	<b>Cooks Choice</b> <i>Ham Sandwich &amp; Pineapple Tidbits</i>	<b>Turkey Sloppy Joe</b> <b>Seasoned Potatoes</b> <b>Steamed Spinach</b> <b>Peaches</b> <i>Garden Salad w/Spinach, Dinner Roll &amp; Banana</i>	<b>Spanish Rice</b> <b>Summer Blend</b> <b>Vegetable</b> <b>Cranberry Juice</b> <b>Ice Cream/Pudding - HDM</b> <i>Crispy Chicken Tortilla Wrap w/Fruit Cup</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 of Oswego Inc**

*Menu is subject to change without notice.*

Noon meal is in **BOLD**

**Notes:**  
**No meal delivery on Monday February 18th**

**HDM- Home Delivered Meals**

