

# January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Program Closed New Years Day	<b>Turkey Sloppy Joes</b> <b>Seasoned Potatoes</b> <b>Steamed Spinach</b> <b>Peaches</b> <i>Garden Salad w/Spinach,</i> <i>Dinner Roll &amp; Banana</i>	<b>Chicken Broccoli</b> <b>Pasta Bake</b> <b>Carrots</b> <b>Pears</b> <i>Tuna Salad Sandwich</i> <i>w/Fresh Fruit</i>	<b>Spanish Rice</b> <b>Summer Blend</b> <b>Vegetable</b> <b>Cranberry Juice</b> <b>Ice Cream/Pudding -</b> <b>HDM</b> <i>Crispy Chicken Tortilla</i> <i>Wran w/Fruit Cup</i>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Cheddar Omelet</b> <b>Breakfast Potatoes</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>PBJ w/Fresh Fruit</i>	<b>BBQ Chicken Breast</b> <b>Sweet Potatoes</b> <b>Mixed Vegetables</b> <b>Fruit Cup</b> <i>Egg Salad Sandwich</i> <i>w/Mandarin Oranges</i>	<b>Baked Ham</b> <b>Au Gratin Potatoes</b> <b>Brussels Sprouts</b> <b>Fruited Gelatin</b> <i>Crab Salad Sandwich</i> <i>w/Pineapple Tidbits</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</i> <i>w/Fresh Fruit</i>	<b>Meatball Sub</b> <b>Green Beans</b> <b>Tossed Salad</b> <b>Fruit Cocktail</b> <i>Cottage Cheese w/Dinner</i> <i>Roll &amp; Fresh Fruit</i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Glazed Meatloaf</b> <b>Winter Squash</b> <b>Cauliflower &amp; Peppers</b> <b>Applesauce</b> <i>Cheese Sandwich</i> <i>w/Fresh Fruit &amp; Animal</i> <i>Cracker</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 -</b> <b>HDM</b> <i>Chicken Salad Sandwich</i> <i>w/Banana</i>	<b>Chili</b> <b>Baked Potato</b> <b>Autumn Blend</b> <b>Vegetable</b> <b>Mandarin Oranges</b> <i>Tuna Salad Sandwich</i> <i>w/Pears</i>	<b>Homemade Soup &amp;</b> <b>Sandwich</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>Tossed Salad w/Spinach,</i> <i>Dinner Roll &amp; Tropical</i> <i>Fruit</i>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Program Closed Martin Luther King Day	<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;</i> <i>Fresh Orange</i>	<b>OCO's Famous</b> <b>Mac &amp; Cheese</b> <b>Stewed Tomatoes</b> <b>Steamed Broccoli</b> <b>Pudding</b> <i>Egg Salad Sandwich</i> <i>w/Fresh Fruit</i>	<b>Beef Goulash</b> <b>Italian Blend Vegetable</b> <b>Tossed Salad</b> <b>Fruit Cup</b> <i>Turkey Sandwich/Fresh</i> <i>Fruit</i>	<b>Pork Chop</b> <b>Creamed Potatoes</b> <b>Sunshine Carrots</b> <b>Fruited Jello</b> <i>Crab Salad w/ Fruit Cup</i>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Salisbury Steak</b> <b>w/Onion Gravy Mashed</b> <b>Potatoes</b> <b>Corn</b> <b>Applesauce</b> <i>Cheese Sandwich</i> <i>w/Fresh Fruit &amp; Graham</i>	<b>Cooks Choice</b> <i>Ham Sandwich &amp;</i> <i>Pineapple Tidbits</i>	<b>Chicken Broccoli</b> <b>Pasta Bake</b> <b>Carrots</b> <b>Pears</b> <i>Tuna Salad Sandwich</i> <i>w/Fresh Fruit</i>	<b>Turkey Sloppy Joes</b> <b>Seasoned Potatoes</b> <b>Steamed Spinach</b> <b>Peaches</b> <i>Garden Salad w/Spinach,</i> <i>Dinner Roll &amp; Banana</i>	

## 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

*Menu is subject to change without notice.*

Noon meal is in **BOLD**

### Notes:

**HDM- Home Delivered Meals**

**No Meal Delivery on January 1st  
January 21st**

