

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Happy St. Patrick's Day!</i></p>				<b>1</b> <b>Chicken Broccoli Pasta Bake</b> <b>Carrots</b> <b>Pears</b> <i>Tuna Salad Sandwich w/Fresh Fruit</i>
<b>4</b> <b>Pork Chop w/Mashed Potatoes &amp; Gravy</b> <b>Sunshine Carrots</b> <b>Cookie</b> <i>PBJ Sandwich w/Fresh Fruit</i>	<b>5</b> <b>Swedish Meatball Over Egg Noodles</b> <b>Corn w/Red Peppers</b> <b>Juice</b> <b>Peaches</b> <i>Ham &amp; Cheese Sandwich w/ Yogurt</i>	<b>6</b> <b>OCO's Famous Mac &amp; Cheese</b> <b>Stewed Tomatoes</b> <b>Steamed Broccoli</b> <b>Ice Cream/ Pudding - HDM</b> <i>Taco Salad w/Banana</i>	<b>7</b> <b>Turkey Burger w/Lettuce &amp; Tomato</b> <b>Zucchini &amp; Tomatoes</b> <b>Green Beans</b> <b>Fruited Gelatin</b> <i>Popcorn Chicken w/Fruit Cup</i>	<b>8</b> <b>Hamburger Stew</b> <b>Squash</b> <b>Fruit Cup</b> <i>Turkey Sandwich/Tropical Fruit Cup</i>
<b>11</b> <b>Hamburger</b> <b>Sweet Potato</b> <b>Cascade Blend</b> <b>Vegetable</b> <b>Fruit Cup</b> <i>Cheese Sandwich w/Fresh Orange</i>	<b>12</b> <b>Hearty Soup &amp; Sandwich</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>Tossed Salad w/Spinach &amp; Hard Boiled Egg Dinner Roll &amp; Fresh Fruit</i>	<b>13</b> <b>Beef Goulash</b> <b>Capri Blend Vegetable</b> <b>Juice</b> <b>Peaches</b> <i>Crab Salad w/Fresh Fruit</i>	<b>14</b> <b>Homestyle BBQ</b> <b>Chicken Yellow Squash &amp; Red Peppers</b> <b>Potato Salad</b> <b>Fruit Cocktail</b> <i>Roast Beef Sandwich w/Fresh Orange</i>	<b>15</b> <b>Ham &amp; Boiled Potatoes</b> <b>Carrots &amp; Cabbage</b> <b>Pudding</b> <i>Turkey Salad Sandwich w/Fruit Cup</i>
<b>18</b> <b>Pepper Steak</b> <b>Au Gratin Potatoes</b> <b>Cauliflower &amp; Brussels</b> <b>Sprouts</b> <b>Applesauce</b> <i>PBJ Sandwich w/English Muffin &amp; Fresh Fruit</i>	<b>19</b> <b>Chicken Parmesan over Pasta</b> <b>Green &amp; Yellow Beans</b> <b>Toss Salad</b> <b>Cookie</b> <i>Cottage Cheese w/Dinner Roll &amp; Pineapple Tidbits</i>	<b>20</b> <b>OCO's Famous Mac &amp; Cheese</b> <b>Stewed Tomatoes</b> <b>Steamed Broccoli</b> <b>Fruit Cup</b> <i>Turkey Sandwich w/Fruit Cup</i>	<b>21</b> <b>Chicken w/Mashed Potatoes &amp; Gravy</b> <b>Blended Vegetable</b> <b>Mandarin Oranges</b> <i>Egg Salad Sandwich w/Banana</i>	<b>22</b> <b>Crispy Fish</b> <b>Sonoma Blend</b> <b>Vegetable</b> <b>Coleslaw</b> <b>Ice Cream/Pudding - HDM</b> <i>Chicken Salad Sandwich w/Fresh Fruit</i>
<b>25</b> <b>Cheddar Omelet</b> <b>Breakfast Potatoes</b> <b>Warmed Fruit</b> <b>Cookie</b> <i>Cheese Sandwich w/Fresh Orange</i>	<b>26</b> <b>Cooks Choice</b> <i>Tossed Salad w/ Dinner Roll &amp; Fresh Fruit</i>	<b>27</b> <b>Roast Beef w/Mashed Potatoes &amp; Gravy</b> <b>Summer Blend</b> <b>Vegetable</b> <b>Fruited Gelatin</b> <i>Crab Salad w/Fresh Fruit</i>	<b>28</b> <b>Sweet &amp; Sour Chicken</b> <b>Meatballs over Rice</b> <b>Mandarin Blend</b> <b>Vegetable</b> <b>Juice</b> <b>Mandarin Oranges</b> <i>Tuna Salad Sandwich w/Fresh Fruit</i>	<b>29</b> <b>Spanish Rice</b> <b>Carrots</b> <b>Toss Salad</b> <b>Pudding</b> <i>Hearty Italian Salad w/ Dinner Roll, Fresh Fruit &amp; Cheese Stick</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*

**HDM - Home Delivered Meals**

