

September 2023 - Dining & Activity Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 1 | | | | |
|  |  |  | | Cheddar Burger Zucchini & Tomatoes Brussels Sprouts Applesauce Yogurt Bagel & Cream Cheese <i>Fresh Fruit</i> |
| 8 | | | | |
| 4 | 5 | 6 | 7 | 8 |
| Program Closed Labor Day | Seasoned Chicken Breast Wild Rice Italian Beans Juice Ice Cream <i>Egg Salad Sandwich</i> <i>Fruit Cup</i> | Goulash Italian Blend Vegetable Tossed Salad Cookie <i>Turkey Sandwich</i> <i>Fruit Cup</i> | Ham Scalloped Potatoes Carrots Tropical Fruit <i>Four Bean Salad</i> <i>Banana</i> <i>String Cheese</i> | Cheddar Omelet Broccoli Spiced Fruit Cookie <i>Ham Sandwich</i> <i>Fresh Fruit</i> |
| 15 | | | | |
| 11 | 12 | 13 | 14 | 15 |
| Cheese Manicotti Carrots Steamed Spinach Pudding <i>Tuna Salad Sandwich</i> <i>Fresh Fruit</i> | Chicken Stir Fry Brown Rice Vegetable Blend Fruit Cup Chef Salad <i>Fresh Fruit</i> | Homemade Soup & Sandwich Green Beans Brownie <i>Crispy Chicken Wrap</i> <i>Fresh Fruit</i> | Meatball Marinara Sub Beets Catalina Blend Vegetable Applesauce Yogurt Bagel & Cream Cheese <i>Fresh Fruit</i> | Program Closed Total Staff Meeting |
| 22 | | | | |
| 18 | 19 | 20 | 21 | 22 |
| Cooks Choice | Homemade Macaroni & Cheese Stewed Tomatoes Broccoli Pudding <i>Turkey Sandwich</i> <i>Fruit Cup</i> | Turkey & Gravy Mashed Potatoes Winter Squash Peaches <i>Chicken Salad</i> <i>Fresh Fruit</i> | Chicken Parmesean Pasta Capri Blend Vegetabte Juice Pears <i>Crab Salad</i> <i>Fresh Fruit</i> | Glazed Meatloaf Sweet Potato Green & Yellow Beans Cookie <i>Ham Sandwich</i> <i>Fresh Fruit</i> |
| 29 | | | | |
| 25 | 26 | 27 | 28 | 29 |
| Sausage Gravy & Biscuits Hashbrowns Warm Fruit Pineapple Tidbits <i>Cottage Cheese</i> <i>Fresh Banana</i> | Turkey Tetrazzini Yellow & Orange Carrots Juice Mandarin Oranges <i>Tuna Salad Sandwich</i> <i>Fresh Fruit</i> | Chicken & Biscuits Mashed Potatoes Country Blend Vegetable Tropical Fruit Hard Boiled Egg Cheese , Grapes | Spanish Rice Cauliflower Broccoli Pudding <i>Santa Fe Salad</i> Craisins | Cheddar Burger Zucchini & Tomatoes Brussel Sprouts Applesauce Yogurt Bagel & Cream Cheese <i>Fresh Fruit</i> |



Nutrition Services
(315) 598-4712
Dial o 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.



Notes:
 Closed 9/4 & 9/15

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