

September 2023 - Home Delivered Menu

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



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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