

November 2023 - Home Delivered Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2 3				
		Crispy Fish Baked Potato Scandinavian Blend Vegetable Fruit Cup <i>Roast Beef Sandwich</i> <i>Fresh Fruit</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>
6 7 8 9 10				
Cheddar Omelet Broccoli Spiced Fruit Cookie <i>Ham Sandwich</i> <i>Fresh Fruit</i>	Cheese Manicotti Carrots Steamed Spinach Pudding <i>Tuna Salad Sandwich</i> <i>Fresh Fruit</i>	Chicken Stir Fry Brown Rice Stir Fry Vegetable Blend Fruit Cup <i>Chef Salad</i> <i>Turkey & Cheese</i> <i>Dinner Roll, Fresh Fruit</i>	Homemade Soup & Sandwich Green Beans Brownie <i>Crispy Chicken Wrap</i> <i>Fresh Fruit</i>	Closed
13 14 15 16 17				
Meatball Marinara Sub Diced Beets Catalina Blend Vegetable Applesauce Yogurt <i>Bagel & Cream Cheese</i> <i>Fresh Fruit</i>	Cooks Choice	Homemade Macaroni & Cheese Stewed Tomatoes Broccoli Pudding <i>Ham Sandwich</i> <i>Fruit Cup</i>	Turkey & Gravy Mashed Potatoes Winter Squash Stuffing Carnberry Sauce Pie <i>Chicken Salad</i> <i>Crackers</i> <i>Fresh Fruit</i>	Chicken Parmesan Pasta Capri Blend Vegetable Juice Pears <i>Crab Salad</i> <i>Fresh Fruit</i>
20 21 22 23 24				
Glazed Meatloaf Sweet Potato Green & Yellow Beans Cookie <i>Ham Sandwich</i> <i>Fresh Fruit</i>	Sausage Gravy & Biscuits Hashbrowns Warm Fruit Pineapple Tidbits <i>Cottage Cheese</i> <i>Dinner Roll</i> <i>Fresh Banana</i>	Turkey Tetrazzini Yellow & Orange Carrots Juice Mandarin Oranges <i>Tuna Salad Sandwich</i> <i>Fresh Fruit</i>	Closed - 	Closed
27 28 29 30				
Cheddar Burger Zucchini & Tomatoes Brussels Sprouts Applesauce Yogurt Bagel & Cream Cheese Fresh Fruit	Seasoned Chicken Breast Wild Rice Italian Beans Pudding <i>Egg Salad Sandwich</i> <i>Fruit Cup</i>	Crispy Fish Baked Potato Scandinavian Blend Vegetable Fruit Cup <i>Roast Beef Sandwich</i> <i>Fresh Fruit</i>	Ham Scalloped Potatoes Carrots Tropical Fruit <i>Four Bean Salad</i> <i>Banana</i> <i>String Cheese</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**

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