April 2024 - Home Delivered Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WONDAT	TUESDAT	WEDINESDAT	I HUKSVAT	FRIDAT
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Cheese Omelet	Swedish Meatballs	Crispy Chicken Sandwich Lettuce & Tomato	Chicken Stir Fry	Hamburger Stew
Breakfast Potatoes	Egg Noodles	Baby Garlic Potatoes	Steamed Rice	Corn with Peppers
Spiced Fruit	Green & Yellow Beans	Carpi Blend Vegetable	Oriental Vegetable	Biscuit
Applesauce	Juice	Fruit Cup	Cookie	Pudding
Yogurt	Fruit Cup	Ham & Cheese Sandwich	Tossed Salad with Turkey	Deli Chicken Sandwich
Bagel	Tuna Salad Sandwich	Fresh Fruit	Crackers	Fruit Cup
Fresh Orange	Fresh Fruit		Crasins	
8	9	10	11	1
Meatball Marinara Sub	Chicken & Biscuits	Homemade	Italian Sausage	Ham
Seasoned Potatoes	Mashed Potatoes	Soup & Sandwich	Penne Marinara	Boiled Potatoes
Italian Blend Vegetable	4-Way Blend Vegetable	Vegetable	Zucchini & Yellow Squash	Cabbage & Carrots
Applesauce	Oatmeal Raisin Cookie	Fruit Cup	Mandarin Oranges	Rye Bread
Bagel	Yogurt	Caesar Salad with	Crab Salad	Pudding
Peanut Butter & Jelly	Muffin	Chicken	Tomato Wedges	Hard Boiled Egg
String Cheese	String Cheese	Fresh Fruit		Cheese, Crackers
Fresh Orange	Fresh Fruit			Fresh Fruit
15	16	17	18	1
Pancakes & Sausage	Crispy Fish	Homestyle BBQ	Homemade	Pork Carnitas
Breakfast Potatoes	Sonoma Blend	Chicken Breast	Mac & Cheese	Rice Bowl
Applesauce	Vegetable	Green & Yellow Beans	Stewed Tomatoes	Catalina Blend
Fresh Fruit	Cole Slaw	Potato Salad	Steamed Broccoli	Vegetable
	Cookie	Fruited Gelatin		_
Yogurt	Ham & Cheese Sandwich,	Turkey Salad Sandwich	Pudding	Fruit Cup
Bagel	Fresh Fruit	Banana	Tuna Salad Sandwich	Egg Salad Sandwich
Fresh Orange			Fresh Fruit	Fruit Cup
22	23	24	25	2
Baked Ham	Open Faced		Glazed Meatloaf	Roasted Red Pepper
Winter Squash	Turkey Sandwich	Cooks Choice	Baked Potato	Rigatoni Alfredo
Green Beans	Mashed Potatoes &	COOKS CHOICE	Peas & Carrots	Chef Salad
Applesauce	Gravy		Fruit Cup	Zucchini & Yellow
Yogurt	Vegetable Blend		Chicken Salad Sandwich	Squash
Bagel	Fruit Cup		Cucumber Salad	Pudding
Fresh Orange	Tossed Salad		Cocomoci Salaa	Crab Salad
Tresti Orange	Hard Boiled Egg			Fresh Fruit
	Fresh Fruit			riesii riuit
29	30			
Cheese Omelet	Swedish Meatballs			
Breakfast Potatoes	Egg Noodles			
Spiced Fruit	Green & Yellow Beans	. 44 -		
Applesauce	Juice			
Yogurt	Fruit Cup			
Bagel	Tuna Salad Sandwich			
Fresh Orange	Fresh Fruit			The state of the s
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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.



Noon meal is in **BOLD**

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