

Home Delivered Meals Menu

SEPTEMBER 2025

Nutrition Services Office: 315-598-4712 Ext. 0



Monday

Program Closed for Holiday

8 Cheddar Omelet **Breakfast Potatoes**

Peanut Butter & Jelly **English Muffin**

15 Meatball Marinara Sub **Diced Beets**

Yogurt, Bagel & Cream Cheese

22 **Glazed Meatloaf Sweet Potato**

Hummus Pita Bread

Cheeseburger **Diced Beets**

Yogurt, Bagel & Cream Cheese

Tuesday

Cheeseburger **Diced Beets**

Yogurt, Bagel & Cream Cheese

Homemade Soup & Sandwich

Crispy Chicken Wrap

16

Cook's Choice

23 Sausage Gravy & **Biscuits** Hashbrowns

Cottage Cheese Dinner Roll

30 Crispy Fish **Baked Potato**

Egg Salad Sandwich

Wednesday

Ham & Scalloped **Potatoes**

Four Bean Salad Dinner Roll

10 Chicken & Biscuits **Mashed Potatoes**

Tuna Salad Sandwich

17 Turkey Tetrazzini Yellow & Orange Carrots

Tuna Salad Sandwich

24 Homemade Mac & Cheese **Stewed Tomatoes**

Tossed Salad

Sandwich

Thursday

Goulash **Tossed Salad**

Turkey Sandwich

11 **Potatoes**

Tossed Salad

Sloppy Joe **Garlic Red**

Dinner Roll

18 Pork Chop Mashed Potatoes

Hard Boiled Egg Cheese, Grapes

25 Open Faced **Turkey Sandwich Mashed Potatoes**

Chicken Salad

Friday

Chicken Breast Wild Rice

Roast Beef Sandwich

12 Beef Stroganoff Egg Noodles

Deli Chicken Sandwich

19

Program Closed No Meal Delivery

26 Chicken **Parmesan** Pasta Marinara

Crab Salad



Notes:

Menu is subjective to change without notice

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