



Home Delivered Meals Menu

MAY 2026

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

Monday

Tuesday

Wednesday

Thursday

Friday



1
Chicken & Broccoli Rigatoni
Alfredo
Egg Salad
Sandwich

4
Manicotti & Meatballs
Honey & Peanut Butter Sandwich
String Cheese

5
Homemade Soup & Sandwich
Hard Boiled Egg, Cheese, Muffin

6
Salsa Chicken Rice
Ham & Cheese Sandwich

7
Glazed Meatloaf Baked Potato
Chicken Caesar Salad

8
Chicken & Biscuits
Mashed Potatoes
Crab Salad

11
Pancakes & Sausage
Breakfast Potatoes
Hummus
Soft Pretzel

12
Ham & Boiled Potatoes
Cabbage & Carrots
Cottage Cheese
Fruit

13
Cook's Choice

14
Crispy Fish Mac & Cheese
Egg Salad
Sandwich

15
Pork Cutlet Mashed Potatoes
Tuna Salad
Sandwich

18
Roasted Chicken Sweet Potatoes
Yogurt
Bagel & Cream Cheese

19
Open Faced Turkey Sandwich
Mashed Potatoes
Tossed Salad
Dinner Roll

20
Philly Cheesesteak with Peppers & Onions
Deli Chicken
Sandwich

21
Chicken Cutlet Sandwich
Potato Salad
Crab Salad

22
Penne Marinara Italian Sausage
Chicken Salad
Sandwich

25
Closed

MEMORIAL DAY
REMEMBER AND HONOR

26
Braised Pork Pasta
Yogurt
Bagel & Cream Cheese

27
Swedish Meatballs Egg Noodles
Tuna Salad
Sandwich

28
Open Faced Roast Beef Sandwich
Mashed Potatoes
Tossed Salad w/ Turkey & Cheddar

29
Chicken Drumsticks
Garlic Potatoes
Ham & Swiss
Sandwich

Notes:
Menu is subjective to change without notice
Visit us on Facebook @ OCO Nutrition Services or online @ oco.org click on Services - Health & Nutrition/Nutrition Services



Senior Nutrition Home Delivered and Congregate Meals are provided with funding from Oswego County Office for the Aging, New York State Office for the Aging, and participant contributions.