



Home Delivered Meals Menu

JULY 2026

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

Monday

Tuesday

Wednesday

Thursday

Friday



1
Sausage Sandwich
Garlic Butter
Potatoes
Turkey Salad
Sandwich

2
Cheeseburger
Casserole

Crab Salad

3
Closed
July 4th
Holiday


6
Philly Chicken
Stewed Tomatoes

Yogurt, Bagel &
Cream Cheese

7
Cheddar Burger
Roasted Potatoes

Tuna Salad
Sandwich

8
Chicken
Drumsticks
Pasta Salad
Egg Salad
Sandwich

9

Cook's
Choice

10
Turkey & Cheese
Sandwich
Potato Salad
Cottage Cheese
Fruit

13
Braised Pork
Pasta
Honey & Peanut
Butter Sandwich
String Cheese

14
Glazed Meatloaf
Mashed Potatoes

Chicken Salad
Sandwich

15
Hofmann Hot Dog
Baked Beans

Chicken Caesar
Salad

16
Ham & Cheese
Sandwich
Tossed Salad
Tuna Mac Salad
Fruit

17
Chicken Breast &
Mushroom Sauce
Baked Potato
Roast Beef
Sandwich

20
Meatball
Marinara Sub
Yogurt
Bagel & Cream
Cheese

21
Chicken Cutlet
Sandwich
Cucumber Salad
Cottage Cheese
Dinner Roll

22
Crispy Fish
Sandwich
Baked Potato
Egg Salad
Sandwich

23
Chicken Cordon
Bleu Casserole

Turkey Sandwich

24
BBQ Pulled Pork
Macaroni Salad

Crab Salad

27
Cheddar Omelet
Breakfast Potatoes

Hummus
Soft Pretzel

28
Roasted Deli
Chicken Sandwich
Summer Corn Salad

Cottage Cheese
Fruit

29
Sausage Sandwich
Garlic Butter
Potatoes
Turkey Salad
Sandwich

30
Pork Cutlet
Tossed Sald

Chicken Salad
Sandwich

31
Cheeseburger
Casserole

Crab Salad



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.