OCO NUTRITION SERVICES
more than just a meal

Dining & Activity Center Menu

NOVEMBER 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 ***Beef Goulash*** ***Tossed Salad*** *Turkey Sandwich*	3 ***Ham & Scalloped Potatoes*** *4-Bean Salad* *String Cheese*	4 **Apple Cheddar Chicken** **Wild Rice** *Roast Beef Sandwich*	5 **Crispy Fish** **Baked Potato** *Egg Salad Sandwich*	6 **Cheddar Omelet** **Breakfast Potatoes** *Honey & Peanut Butter Sandwich* *String Cheese*
9 **Chicken & Biscuits** **Mashed Potatoes** *Tuna Salad Sandwich*	10 **Homemade Soup & Sandwich** *Crispy Chicken Wrap*	11 **Closed for Veterans Day** THANK YOU FOR SERVING OUR COUNTRY & PROTECTING OUR Freedom	12 **Sloppy Joe** **Garlic Red Potatoes** *Garden Salad* *Dinner Roll*	13 **Meatball Marinara Sub** *Yogurt* *Bagel & Cream Cheese*
16 **Cook's Choice**	17 ***Baked Pork Chop*** ***Baked Potato*** *Hard Boiled Egg* *Cheese, Grapes*	18 ***Turkey & Gravy*** ***Mashed Potatoes*** ***Stuffing*** ***Winter Squash*** ***Pumpkin Pie*** *Chicken Salad Sandwhich*	19 **Spanish Rice** **Cauliflower** **Broccoli** *Southwest Salad*	20 **Glazed Meatloaf** **Sweet Potato** *Hummus* *Soft Pretzel*
23 ***Sausage Gravy & Biscuits*** ***Hashbrowns*** *Cottage Cheese* *Dinner Roll*	24 ***Homemade Mac & Cheese*** ***Stewed Tomatoes*** *Tossed Salad*	25 **Cheddar Burger** **Brussel Sprouts** *Yogurt* *Bagel & Cream Cheese*	26 **Closed For Thanksgiving Holiday**	27 **Program Closed**
30 ***Ham & Scalloped Potatoes*** *4-Bean Salad* *String Cheese*				

Vegetable of the Month
Winter Squash

Happy Thanksgiving

Notes:
Menu is subject to change without notice
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Oswego County Office for the Aging, New York State Office for the Aging, and participant contributions.