

February 2021

Cayuga County Office for Aging - Senior Nutrition Program Menu – City Routes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 1 Swiss Burger on a Bun French Fries Buttered Green Beans Fresh Apple | 2 Sliced Chicken on Wheat Bread V8 Juice Apple Juice Banana Pudding* | 3 Beef Tips with Mushrooms Whipped Potato Sonoma Blend Vegetable Wheat Bread Orange Juice Birthday Cake* | 4 Egg Salad on Wheat Bread Corn Chocolate Chip Cookie* Sliced Peaches | 5 Southwest Goulash Carrots Italian Bread Pears |
| 8 Chicken Tenders with Honey Mustard Dressing Whipped Potato Capri Vegetables Wheat Bread Fresh Orange | 9 Turkey Salad on a Croissant Peas Apple Juice Zucchini Bread | 10 White Chicken Chili Corn Muffin Broccoli Fruit Cocktail | 11 Ham Salad on Wheat Bread Four Way Mixed Veg Mandarin Oranges Pepperidge Farm Milano Cookies | 12 Sweet and Sour Meatballs Whipped Potato Cauliflower Wheat Bread Pineapple |
| 15 Closed President's Day | 16 Closed | 17 Broccoli Cheddar soup Egg Salad on Croissant Corn Grape Juice Shortbread Cookie | 18 Turkey Salad on Wheat Kaiser Bun Green Beans Muffin Banana | 19 Fried Fish Caribbean Rice Italian Vegetables Wheat Bread Fruit cocktail |
| 22 Italian Wedding Soup Chicken Patty on a Wheat Kaiser Bun Diced Buttered Carrots Fresh Apple | 23 Tuna Sandwich on a English Muffin Tomato Juice Lorna Doones Mandarin Oranges | 24 Skinless Sausage on a Roll Pierogies Peas Orange Juice Chocolate Chip Cookie* | 25 Ham Salad on Wheat Bread Wax Beans Oatmeal Crème Cookie* Sliced Peaches | 26 White Cheddar Macaroni and Cheese Stewed Tomatoes Wheat Dinner Roll Grape Juice Snickerdoodle Cookie* |
| Please call 315-253-1550 for substitutions or cancellations | Substitutions for your area require advance notice of at least 48 Business hours! | | | |

* Indicates No Concentrated Sweets diet offered

Food Safety:
All hot food should be 140 degrees and above. All cold food should be 45 degrees and below. If hot food is not up to temp, please reheat to 165 degrees and above. Discard cold food if it is above 45 degrees. Please notify the office at 315-253-1550 with any concerns.

