

February 2021

Cayuga County Office for Aging - Senior Nutrition Program Menu – Rural & Sites

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Burger on a Bun French Fries Buttered Green Beans Fresh Apple	2 Chicken Pot Pie Green Zucchini with Parmesan Wheat Bread Apple Juice Banana Pudding*	3 Beef Tips with Mushrooms Whipped Potato Sonoma Blend Vegetable Wheat Bread Orange Juice Birthday Cake*	4 Glazed Ham Yams Buttered Corn Wheat Bread 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 Sliced Ham and Potato Casserole Peas and Onions White Dinner Roll Apple Juice Black Forest Cake*	10 White Chicken Chili Corn Muffin Broccoli Fruit Cocktail	11 Spanish Rice Four way Mixed Vegetables Wheat Bread Mandarin Oranges Pepperidge Farm Milano Cookies	12 Sweet and Sour Meatballs Whipped Potato Cauliflower Wheat Bread Pineapple
15 Closed President's Day	16 Beef Stroganoff with Buttered Noodles Broccoli Wheat Dinner Roll Fresh Banana	17 Broccoli Cheddar Soup Egg Salad on Croissant Corn Grape Juice Shortbread Cookie	18 Shepherd's Pie California Blend Vegetable Wheat Bread Apple Juice Banana Cream Pie*	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 Bisquick Broccoli and Cheese Quiche Creamed Spinach Wheat Bread Mandarin Oranges	24 Skinless Sausage on a Roll Pierogies Peas Orange Juice Chocolate Chip Cookie*	25 Lasagna Roll with Meatballs Cooked Mixed Greens Italian Bread 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 <u>Business hours!</u>			

* 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.

