

February 2021

Cayuga County Office for Aging - Senior Nutrition Program Menu – Moravia & Fair Haven

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Parmesan Tuna Noodle Casserole Buttered Mixed Vegetables Wheat Dinner Roll Mandarin Oranges	Manicotti with Meatballs Italian Vegetables Italian Bread Grape Juice Snickerdoodle Cookie*	Swiss Burger on a Bun French Fries Buttered Green Beans Fresh Apple	Chicken Pot Pie Green Zucchini with Parmesan Wheat Bread Apple Juice Banana Pudding*	Beef Tips with Mushrooms Whipped Potato Sonoma Blend Vegetable Wheat Bread Orange Juice Birthday Cake*
8	9	10	11	12
Glazed Ham Yams Buttered Corn Wheat Bread Sliced Peaches	Southwest Goulash Carrots Italian Bread Pears	Chicken Tenders with Honey Mustard Dressing Whipped Potato Capri Vegetables Wheat Bread Fresh Orange	Sliced Ham and Potato Casserole Peas and Onions White Dinner Roll Apple Juice Black Forest Cake*	White Chicken Chili Corn Muffin Broccoli Wheat Bread Fruit Cocktail
15	16	17	18	19
Closed President's Day	Spanish Rice Four way Mixed Vegetables Wheat Bread Mandarin Oranges Pepperidge Farm Milano Cookies	Sweet and Sour Meatballs Whipped Potato Cauliflower Wheat Bread Pineapple	Beef Stroganoff with Buttered Noodles Broccoli Wheat Dinner Roll Fresh Banana	Broccoli Cheddar Soup Egg Salad on Croissant Corn Grape Juice Shortbread Cookie
22	23	24	25	26
Shepherd's Pie California Blend Vegetable Wheat Bread Apple Juice Banana Cream Pie*	Chicken Cordon Bleu Caribbean Rice Italian Vegetables Wheat Bread Fruit cocktail	Italian Wedding Soup Chicken Patty on a Wheat Kaiser Bun Diced Buttered Carrots Fresh Apple	Bisquick Broccoli and Cheese Quiche Creamed Spinach Wheat Bread Mandarin Oranges	Fried Fish on Roll Pierogies Peas Orange Juice Chocolate Chip 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.

