

October 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call 315-253-1550 for substitutions or cancellations	<u>Substitutions for your area require advance notice of at least 2 Business Days!</u>		1 Ham Salad on Wheat Bread Green Beans Apple Juice Frosted Brownie*	2 Macaroni and Cheese Stewed Tomatoes Wheat Bread Mandarin Oranges
5 Meatloaf with Gravy Rosemary Potatoes Chuckwagon Blend Vegetables Wheat Bread Fresh Apple	6 Bologna Sandwich on Wheat Bread Carrots Banana Bread Sliced Peaches	7 Sweet & Sour Meatballs Whipped Potatoes Italian Green Beans White Dinner Roll Apple Juice Birthday Cake*	8 Sliced Turkey on a Croissant Corn Cookie* Pineapple	9 Salisbury Steak with Gravy Scalloped Potatoes Beets Wheat Bread Orange Juice Chocolate Cream Puff*
12 Closed Columbus Day	13 Closed Columbus Day	14 Hofmann Hot Dog with a Bun Baked beans Corn Grape Juice Key Lime Mousse	15 Turkey Salad on a Wheat Kaiser Bun Peas Short Bread Cookie Fresh Banana	16 Chicken Corden Bleu Caribbean Rice Italian Vegetables Wheat Bread Fruit cocktail
19 Italian Wedding Soup Chicken Patty on a Wheat Kaiser Bun Diced Buttered Carrots Fresh Apple	20 Tuna Sandwich on a English Muffin V8 Juice Lorna Doones Mandarin Oranges	21 Skinless Sausage on a Roll Pierogies Peas Orange Juice Chocolate Chip Cookie*	22 Ham Sandwich on Wheat Bread Corn Oatmeal Crème Cookie* Pineapple	23 White Cheddar Macaroni and Cheese Stewed Tomatoes Wheat Dinner Roll Grape Juice Raspberry Mousse
26 Cheese Omelet Hash Brown Patty Collard Greens Wheat Bread Orange Juice Blueberry Muffin	27 Turkey Salad on Wheat Bread Wax Beans Banana Muffin Fresh Orange	28 Hearty Chicken Noodle Soup Egg and Olive Salad on a Pita With Lettuce and Tomato Fruit Cup	29 Bologna Sandwich on Wheat Bread Mixed Vegetables Apple Juice Frosted Brownie*	30 Chicken n' Biscuit French Green Beans Short Bread cookies Diced Pears

* 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.

