

December 2021

Cayuga County Office for the Aging: Senior Nutrition Program Menu- Routes & Sites

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>Substitutions for your area require advance notice of at least 48 business hours!</p> | <p><i>Please call 315-253-1550 for substitutions or cancellations.</i></p> | 1 | 2 | 3 |
| | | Chicken Ragu Broccoli Italian Bread Grape Juice Birthday Cake* | Roast Beef with Gravy Rosemary Potatoes Mixed Vegetables Wheat Dinner Roll Mandarin Oranges | Macaroni and Cheese Popcorn Shrimp Stewed Tomatoes Wheat Dinner Roll Pineapple |
| 6 | 7 | 8 | 9 | 10 |
| Ravioli's with Meatballs Peas Italian Bread Fresh Orange | Chicken Pot Pie Tex Mex(Corn, green & red peppers, kidney beans, onions) Wheat Bread Apple Juice Chocolate Pudding* | Beef Tips with Mushrooms Buttered Noodles Sonoma Blend Vegetables Wheat Bread Fruit Cocktail | Bisquik Broccoli and Cheese Quiche Sunshine Carrots White Bread Orange Juice Cream Puff* | Maple Mustard Glazed Chicken Vegetable Seasoned Rice Green Beans Wheat Dinner Roll Cinnamon Applesauce |
| 13 | 14 | 15 | 16 | 17 |
| Hoffman Hot Dog on a Bun Baked Beans Corn Orange Juice Chocolate Chip Cookie* | Spaghetti with Meatballs Green and Yellow Beans Italian Bread Fruit Cocktail | Turkey Pot Pie Capri Vegetables Wheat Bread Fresh Banana Milano Cookie | Fried Chicken Wedge Fries Four way mixed vegetables Wheat Dinner Roll Mandarin Oranges | Sweet & Sour Meatballs Whipped Potatoes Cauliflower Wheat Bread Apple Juice Lemon Bread |
| 20 | 21 | 22 | 23 | 24 |
| Crispy Chicken Sandwich on a Wheat Kaiser Bun Hash brown Patty Carrots with Butter Fresh Apple | Beef Stroganoff with Buttered Noodles Sugar Snap Peas Wheat Bread Pears | Crunchy Panko Fish on Bun Italian Wedding Soup Broccoli Grape Juice Frosted Coconut Cake* | Glazed Ham Twice Baked Potato California Blend Medley Wheat Dinner Roll Apple Juice Cheesecake with Topping* | Christmas Holiday |
| 27 | 28 | 29 | 30 | 31 |
| Meatball Sub with a Multi Grain Hoagie Bun Spinach Apple Juice Chocolate Fudge Cookie* | White Cheddar Macaroni & Cheese Stewed Tomato Wheat Dinner Roll Fresh Banana | Chicken Tenders Honey Mustard Dipping Sauce Peas Wheat Bread Grape Juice Peach Crisp* | Meatloaf with Gravy Au gratin Potatoes Wax Beans Wheat Dinner Roll Pineapple | New Years Holiday |

* 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.

