

January 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>Holiday</b>	3  Spaghetti with Meatballs Green and Yellow Beans Wheat Bread Fresh Banana	4  Hearty Chicken Noodle Soup Sliced Roasted Turkey on a Kaiser Wheat Bun with Cranberry Mayo Carrots Mandarin Oranges	5  Hot Dog on a bun Baked Beans Corn Grape Juice Birthday Cake*	6  Corned Beef Boiled Potatoes Green Cut Cabbage Wheat Bread Pears
9  Salisbury Steak with Gravy Whipped Potato Green Beans Wheat Bread Fresh Apple	10  Western Quiche Hashbrown Patty Broccoli Wheat Dinner Roll Pears	11  Grilled Veal with Gravy Rosemary Potatoes Beets Wheat Bread Orange Juice Butterscotch Pudding* w/Topping	12  Parmesan Tuna Noodle Casserole Mixed Vegetables White Bread Grape Juice Nutri Grain Bar	13  Chicken Cordon Bleu Caribbean Rice Carrots Wheat Bread Peaches
16  <b>Holiday</b>	17  Chicken Patty on Wheat Kaiser bun Tater Tots Corn Fresh Orange	18  Beef Tips with Mushrooms Garlic Whipped Potato Peas Wheat Bread Apple Juice Banana Pudding* with Topping	19  Lasagna Roll with Meatballs Scandinavian Blend Veg Italian Bread Pineapple	20  White Cheddar Mac & Cheese Stewed Tomatoes Wheat Dinner Roll Orange Juice Jello* with Topping
23  Chicken Tenders Honey Mustard Sauce Sweet Potato Fries Capri Vegetables Wheat Bread Grape Juice Oatmeal Crème Cookie*	24  Sliced Ham and Scalloped Potato Casserole Peas and Onions Wheat Dinner Roll Fresh Banana	25  Stuffed Shells with Sliced Sausage Wax Beans Italian Bread Pears	26  Sweet and Sour Meatballs Whipped Potatoes Four Way Mixed Vegetables Wheat Bread Mandarin Oranges	27  Chicken Stew with a Biscuit Country Blend Vegetables Orange Juice Fig Newton Bar
30  Meatball Sub on a Multi Grain Hoagie Bun Carrots Grape Juice Chocolate Fudge Cookie*	31  Beef Stroganoff Buttered Noodles Green Beans Wheat Dinner Roll Fresh Apple		<b>Substitutions for your area require advance notice of at least 48 business hours!</b>	<i>Please call 315-253-1550 for substitutions or cancellations.</i>

\* 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.

