

October 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please call 315-253-1550 for substitutions or cancellations</p>	<p><u>Substitutions for your area require advance notice of at least 2 Business Days!</u></p>		<p>1 Roast Turkey with Gravy Cornbread Stuffing Butternut Squash Wheat Dinner Roll Apple Juice Frosted Brownie*</p>	<p>2 Macaroni and Cheese Stewed Tomatoes Wheat Bread Mandarin Oranges</p>
		<p>5 Meatloaf with Gravy Rosemary Potatoes Chuckwagon Blend Vegetables Wheat Bread Fresh Apple</p>	<p>6 Chicken Marsala Rice Pilaf Peas Wheat Bread Sliced Peaches</p>	<p>7 Sweet & Sour Meatballs Whipped Potatoes Italian Green Beans White Dinner Roll Apple Juice Birthday Cake*</p>
<p>12 Closed Columbus Day</p>	<p>13 Beef Stroganoff with Buttered Noodles Broccoli Wheat Dinner Roll Fresh Banana</p>	<p>14 Hofmann Hot Dog with a Bun Baked beans Corn Grape Juice Key Lime Mousse</p>	<p>15 Shepard's Pie California Blend Vegetable Wheat Bread Apple Juice Banana Cream Pie*</p>	<p>16 Chicken Corden Bleu Caribbean Rice Italian Vegetables Wheat Bread Fruit cocktail</p>
<p>19 Italian Wedding Soup Chicken Patty on a Wheat Kaiser Bun Diced Buttered Carrots Fresh Apple</p>	<p>20 Bisquick Broccoli and Cheese Quiche Creamed Spinach Wheat Bread Mandarin Oranges</p>	<p>21 Skinless Sausage on a Roll Pierogies Peas Orange Juice Chocolate Chip Cookie*</p>	<p>22 Lasagna Roll with Meatballs Cooked Mixed Greens Italian Bread Sliced Peaches</p>	<p>23 White Cheddar Macaroni and Cheese Stewed Tomatoes Wheat Dinner Roll Grape Juice Raspberry Mousse</p>
<p>26 Cheese Omelet Hash Brown Patty Collard Greens Wheat Bread Orange Juice Blueberry Muffin</p>	<p>27 Spaghetti with Meatballs Garlic Bread Green and Yellow Beans Fresh Orange</p>	<p>28 Hearty Chicken Noodle Soup Egg and Olive Salad on a Pita With Lettuce and Tomato Fruit Cup</p>	<p>29 Spanish Rice Four Way Mixed Vegetables Wheat Dinner Roll Apple Juice Frosted Brownie*</p>	<p>30 Chicken n' Biscuit French Green Beans Short Bread cookies Diced Pears</p>

* 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.

