

## December 2021

### Cayuga County Office for the Aging: Senior Nutrition Program Menu- Moravia & Fair Haven

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