

**January 2023**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>Holiday</b>	Chicken Patty on a Bun French Fries Carrots Italian Bread Mandarin Oranges	Goulash Corn Wheat Dinner Roll Apple Juice Cream Puff*	Spaghetti with Meatballs Green and Yellow Beans Wheat Bread Fresh Banana	Hearty Chicken Noodle Soup Sliced Roasted Turkey on a Kaiser Wheat Bun with Cranberry Mayo Carrots Mandarin Oranges
9	10	11	12	13
Hot Dog on a bun Baked Beans Corn Grape Juice Birthday Cake*	Corned Beef Boiled Potatoes Green Cut Cabbage White Bread Pears	Salisbury Steak with Gravy Whipped Potato Green Beans Wheat Bread Fresh Apple	Western Quiche Hashbrown Patty Broccoli Wheat Dinner Roll Pears	Grilled Veal with Gravy Rosemary Potatoes Beets Wheat Bread Orange Juice Butterscotch Pudding* w/Topping
16	17	18	19	20
<b>Holiday</b>	Cheeseburger on a bun Tater Tots Mixed Vegetables Grape Juice Nutri Grain Bar	Chicken Cordon Bleu Caribbean Rice Carrots Wheat Bread Peaches	Chicken Patty on Wheat Kaiser bun Tater Tots Corn Fresh Orange	Beef Tips with Mushrooms Garlic Whipped Potato Peas Wheat Bread Fresh Banana
23	24	25	26	27
Lasagna Rolls with Meatballs Scandinavian Blend Veg Italian Bread Pineapple	White Cheddar Mac & Cheese Stewed Tomatoes Wheat Dinner Roll Orange Juice Jello* with Topping	Chicken Tenders Honey Mustard Sauce Sweet Potato Fries Capri Vegetables Wheat Bread Grape Juice Oatmeal Crème Cookie*	Sliced Ham and Scalloped Potato Casserole Peas and Onions Wheat Dinner Roll Fresh Banana	Stuffed Shells with Sliced Sausage Wax Beans Italian Bread Pears
30	31			
Sweet and Sour Meatballs Whipped Potatoes Four Way Mixed Vegetables Wheat Bread Mandarin Oranges	Chicken Stew with a Biscuit Country Blend Vegetables Orange Juice Fig Newton Bar		<b>Substitutions for your area require advance notice of at least <u>7</u> business days</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

