

November 2023

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| Substitutions for your area require advance notice of at least <u>7</u> business days | Please call 315-253-1550 for substitutions or cancellations. | 1 | 2 | 3 |
| | | Fried Fish Vegetable Seasoned Rice Carrots Wheat Bread Fresh Apple | Spaghetti with Meatballs Green Beans Spring Mix with Dressing Wheat Bread Fresh Banana | Pepper Steak with Rice Wax Beans Wheat Dinner Roll Fresh Clementine Birthday Cake* |
| 6 | 7 | 8 | 9 | 10 |
| Breaded Chicken Drumstick Seasoned Vegetable Brown Rice Mixed Vegetables Wheat Bread Applesauce | Open Faced Roast Pork with Gravy Whipped Potato French Green Beans Whole Wheat Dinner Roll Fresh Pear | Golden Crispy Chicken Tenders/Ketchup Rice Carrots Fresh Apple | Beef Stroganoff With Noodles Broccoli Wheat Bread Fresh Banana | Closed |
| 13 | 14 | 15 | 16 | 17 |
| Macaroni and Cheese Stewed Tomatoes Spring Mix with Dressing Wheat Dinner Roll Fresh Orange | Hamburger with Tomato on Wheat Bun California Blend Vegetables Peaches | Chicken Marsala Rice Pilaf Green Beans Wheat Bread Fresh Pear | Beef Stew Whole Grain Biscuit Tex Mex Vegetable Fresh Clementine/Orange | Turkey Burger with Tomato on Wheat Bun Sonoma Blend Vegetables Pineapple |
| 20 | 21 | 22 | 23 | 24 |
| Lasagna Roll with Meatballs Spinach Salad with Dressing Wheat Dinner Roll Tropical Fruit Mix | Corn Chowder Soup Tuna Salad on Wheat Roll Asian Blend Vegetables Fresh Banana | Roasted Turkey with Turkey Gravy Whipped Potato Cornbread Stuffing Butternut Squash Cranberry Sauce/Whole Wheat Dinner roll Applesauce Pumpkin Pie* | Closed | Closed |
| 27 | 28 | 29 | 30 | |
| Fried Fish on Wheat Bun Rice Peas Fresh Apple | Mac and Cheese Spring Mix With Dressing Wheat Bread Fresh Pear | Turkey Ala King with Rice Whole Grain Biscuit Green Beans Fresh Orange | Western Quiche Potato Wedge Broccoli 2 Slices Whole Wheat Bread Fresh Banana | |

* 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

