



Oneida County Office for the Aging Nutrition Program for the Elderly

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																				
<p><i>1</i> Rib B Que Scalloped Potatoes W.K. Corn Whole Wheat Bread <i>Sliced Peaches</i></p>	<p><i>2</i> Salisbury Steak w/Gravy Mashed Potatoes Spinach Whole Wheat Bread</p>	<p><i>3</i> <i>Oven Brown Chicken Breast w/Gravy</i> Sweet Potatoes Cauliflower Whole Wheat Bread <i>Chocolate Pudding w/ Topping*</i></p>	<p><i>4</i> Veal Parmesan w/ Spaghetti Italian Blend Vegetables Italian Bread Tossed Salad w/Dressing <i>Pears</i></p>	<p><i>5</i> Sliced Ham w/ Pineapple Sauce Mashed Potatoes Peas Rye Bread <i>Tapioca Pudding w/ Topping*</i></p>																				
<p><i>8</i> Goulash Italian Green Beans Apple Juice Italian Bread <i>Apricots</i></p>	<p><i>9</i> Pasta Faggioli Chicken Tenders 3 Bean Salad Whole Wheat Bread/ Crackers <i>Fruit Cup</i></p>	<p><i>10</i> Kielbasa w/ Cabbage Boiled Potatoes Cabbage & Carrots Rye Bread <i>Cookie*</i></p>	<p><i>11</i> Sliced Turkey w/ Gravy Savoy Stuffing Broccoli Dinner Roll <i>Pumpkin Pudding w/ Topping*</i></p>	<p><i>12</i> Chicken and Biscuit Harvard Beets Cranberry Juice Biscuit Fruited Jell –o w/ Topping*</p>																				
<p><i>15</i> Swedish Meatballs Seasoned Rice Zucchini & Tomatoes Dinner Roll <i>Mandarin Oranges</i></p>	<p><i>16</i> Swedish Meatballs Seasoned Rice Zucchini & Tomatoes Dinner Roll <i>Mandarin Oranges</i></p>	<p><i>17</i> Country Fried Steak w/Gravy Mashed Potatoes Collard Greens Whole Wheat Bread <i>Rice Pudding w/ Raisins*</i></p>	<p><i>18</i> <u>HAPPY BIRTHDAY</u> Pulled Pork Sandwich Sweet Potato Tots Red Cabbage Hamburger Bun <i>Pumpkin Cake w/ Frosting*</i></p>	<p><i>19</i> Tuna Noodle Casserole Sliced Carrots Rye Bread <i>Chilled Fruit Cocktail</i></p>																				
<p><i>22</i> Mexican Casserole Fiesta Green Beans Corn Bread Fruit Juice <i>Lemon Pudding w/ Topping*</i></p>	<p><i>23</i> Lemon Dill Fish Au Gratin Potatoes Zucchini & Tomatoes Whole Wheat Bread <i>Pears</i></p>	<p><i>24</i> Italian Sausage w/ Peppers & Onions Oven Brown Potatoes Green Salad Italian Bread <i>Pineapple Tidbits</i></p>	<p><i>25</i> Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread <i>Cinnamon Cake*</i></p>	<p><i>26</i> Chicken Broccoli Casserole Mixed Vegetables Dinner Roll <i>Apples & Raisins</i></p>																				
<p><i>29</i> Chicken Broccoli Casserole Mixed Vegetables Dinner Roll <i>Apples & Raisins</i></p>	<p><i>30</i> Beef Hot Dog Cowboy Beans Hot German Potato Salad Hot Dog Roll <i>Apricots</i></p>	<p><i>31</i> <u>HALLOWEEN</u> Witch’s Brew [Chili] Maggot’s [Rice] Witch’s Fingers [Baby Carrots] Creepy Dinner Roll Bloody Spiced Apples <i>Cider & Donuts</i></p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left; padding: 2px;">Nutrition Facts</th> </tr> <tr> <th style="text-align: left; padding: 2px;">Average Per Meal</th> <th style="text-align: left; padding: 2px;">%Daily Value*</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">Calories 650</td> <td></td> </tr> <tr> <td style="padding: 2px;">Total Fat 16g</td> <td style="text-align: right; padding: 2px;">25%</td> </tr> <tr> <td style="padding: 2px;">Cholesterol 40mg</td> <td style="text-align: right; padding: 2px;">13%</td> </tr> <tr> <td style="padding: 2px;">Sodium 810mg</td> <td style="text-align: right; padding: 2px;">34%</td> </tr> <tr> <td style="padding: 2px;">Total Carbohydrates 99g</td> <td style="text-align: right; padding: 2px;">33%</td> </tr> <tr> <td style="padding: 2px;">Dietary Fiber 7g</td> <td style="text-align: right; padding: 2px;">27%</td> </tr> <tr> <td style="padding: 2px;">Protein 29g</td> <td></td> </tr> <tr> <td colspan="2" style="padding: 2px;">*Daily Values are based on a 2,000 calorie diet</td> </tr> </tbody> </table>		Nutrition Facts		Average Per Meal	%Daily Value*	Calories 650		Total Fat 16g	25%	Cholesterol 40mg	13%	Sodium 810mg	34%	Total Carbohydrates 99g	33%	Dietary Fiber 7g	27%	Protein 29g		*Daily Values are based on a 2,000 calorie diet	
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