


# Oneida County Office for the Aging Nutrition Program for the Elderly

# NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Nutrition Facts</b></p> <p><u>Average Per Meal</u>      <u>% Daily Value*</u></p> <p>Calories 600</p> <p>Total Fat 17g                      27%</p> <p>Cholesterol 90mg                      30%</p> <p>Sodium 670mg                      28%</p> <p>Total Carbohydrates 89g                      30%</p> <p>Dietary Fiber 8g                      33%</p> <p>Protein 29g</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet</small></p>		1	<p>Chicken Breast w/ Supreme Sauce Stuffing Mixed Vegetables Whole Wheat Bread <i>Fruit Cup</i></p>	2	<p>Oven Brown Fish Broccoli &amp; Rice Au Gratin Carrots Rye Bread <i>Pumpkin Crunch</i></p>
5	6	7	8	9	
<p>Eggplant Parmesan w/ Meat Sauce &amp; Spaghetti Italian Green Beans Juice Italian Bread <i>Cookie*</i></p>	<p>Ham &amp; Scalloped Potatoes Brussel Sprouts Fruit Juice Dinner Roll <i>Sl. Cinnamon Pears</i></p>	<p>Oven Brown Chicken Sweet Potatoes Cauliflower Whole Wheat Bread <i>Tropical Fruit</i></p>	<p>Pork Choppette w/Gravy Mashed Potato Broccoli Whole Wheat Bread <i>Chunky Cinnamon Applesauce</i></p>	<p><b><u>Happy Birthday</u></b></p> <p>Stuffed Pepper Soup Warm Peaches Green Salad w/Dressing Italian Bread <i>Lemon Cake*</i></p>	
12	13	14	15	16	
<p>Baked Chicken w/ Gravy Mashed Potatoes Hubbard Squash Rye Bread <i>Peaches</i></p>	<p>Seafood Newburgh Fluffy Rice Mixed Vegetables Whole Wheat Bread <i>Apricots</i></p>	<p>Rib B Que Au Gratin Potatoes Brussel Sprouts Whole Wheat Bread <i>Tapioca Pudding</i></p>	<p><b><u>Thanksgiving</u></b></p> <p>Roast Turkey w/ Gravy Sweet Potato Stuffing Green Beans Dinner Roll <i>Pumpkin Pie w/Topping*</i></p>	<p>Vegetable Quiche Home Fries Fruit Juice Biscuit <i>Ice Cream*</i></p>	
19	20	21	22	23	
<p>Spanish Rice Winter Blend Vegetables Italian Bread <i>Fruit Cup</i></p>	<p>Beef Barley Soup Chicken Tenders Crackers Fruit Juice Peach Crisp w/ <i>Topping</i></p>	<p>Italian Sausage w/ Peppers &amp; Onions Oven Brown Potatoes Zucchini &amp; Tomato Italian Bread <i>Cookie*</i></p>	<p><b>CLOSED</b></p> <p></p>	<p><b>CLOSED</b></p>	
26	27	28	29	30	
<p>Salisbury Steak Mashed Potato Harvard Beets Whole Wheat Bread <i>Banana Pudding w/ Topping*</i></p>	<p>Barbeque Chicken Thigh Boiled Potatoes Green Beans Whole Wheat Bread <i>Banana</i></p>	<p>Lasagna Roll Up w/ Meat sauce Peas Tossed Salad Italian Bread <i>Peaches w/Strawberries</i></p>	<p>Cheesy Corn Chowder Oven Brown Fish Pattie Cole Slaw Hamburger Bun <i>Cranberry Orange Jell o</i></p>	<p>Sweet &amp; Sour Chicken Over Rice Oriental Vegetables Whole Wheat Bread <i>Mandarin Oranges &amp; Fortune Cookie</i></p>	

