



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

JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Rib B Que O'Brien Potatoes Wax Beans Wheat Bread Chocolate Pudding*</p>	<p>2</p> <p>Sliced Pork with Gravy Mashed Sweet Potatoes Brussel Sprouts Dinner Roll Sugar Cookie*</p>	<p>3</p> <p><u>COLD PLATE</u> Turkey Sandwich With Cheese Macaroni Salad Pickled Beets Wheat Bread Clementine Orange</p>	<p>4</p>  <p><u>CLOSED</u> HAPPY JULY 4TH</p>	<p>5</p> <p>Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread Tropical Fruit</p>
<p>8</p> <p>Baked Chicken w/Supreme Sauce Brown Rice Saute` Greens Wheat Bread Pineapple Tidbits</p>	<p>9</p> <p><u>COLD PLATE</u> Tuna Salad Chic Pea Salad Whole Grain Roll Peaches</p>	<p>10</p> <p>Swedish Meatballs [4] Noodles Mixed Vegetables Wheat Bread Apple Crisp*</p>	<p>11</p> <p>Hearty Vegetable Soup Chicken Tenders Broccoli Wheat Bread Pineapple Cobbler*</p>	<p>12</p> <p>Chicken Cacciatore Seasoned Noodles Italian Blend Vegetables Wheat Bread Yogurt Parfait with Blueberries</p>
<p>15</p> <p>Lasagna Roll Up With Meat Sauce Zucchini Squash Wheat Bread Peach Crisp*</p>	<p>16</p> <p>Oven Brown Chicken Stuffing Brussel Sprouts Wheat Bread Fruit Oatmeal Bar</p>	<p>17</p> <p><u>COLD PLATE</u> Seafood Salad Pasta Salad Three Bean Salad Whole Grain Roll Fruit Cup</p>	<p>18</p> <p>Italian Sausage with Peppers and Onions Oven Brown Potatoes Italian Green Beans Wheat Bread Chocolate Pudding*</p>	<p>19</p> <p>Sliced Turkey w/Gravy Mashed Potatoes Carrots Wheat Bread Tropical Fruit</p>
<p>22</p> <p>Bar B Que Chicken Au Gratin Potatoes Summer Blend Vegetables Wheat Bread Oatmeal Raisin Cookie *</p>	<p>23</p> <p>Beef Hot Dog Baked Beans Mediterranean Roasted Vegetables Hot Dog Bun Warm Cinnamon Peach Cobbler*</p>	<p>24</p> <p>Broccoli & Cheese Stratta Sausage Roasted Potatoes Spinach Wheat Bread Fruit Cup</p>	<p>25</p> <p><u>COLD PLATE</u> Sliced Ham Macaroni Salad Carrot Raisin Salad Whole Grain Roll Apples with Cranberries</p>	<p>26</p> <p>Oven Brown Fish Rice Pilaf Broccoli and Cauliflower Wheat Bread Chocolate Pudding*</p>
<p>29</p> <p>Spaghetti & Meatballs [4] Green & Yellow Beans Wheat Bread Mandarin Oranges</p>	<p>30</p> <p>Hamburger with Mushrooms and Onions Garlic Roasted Potatoes Brussel Sprouts Whole Grain Roll Tropical Fruit</p>	<p>31</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Carrots Wheat Bread Yogurt with Pineapple Parfait</p>		

