



Oneida County Office for the Aging Nutrition Program for the Elderly

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Ala King Beet Salad Biscuit Warm Peach Crisp	2 Kielbasa over Steamed Cabbage & Carrots Greek Oven Brown Potatoes Rye Bread Sl. Pears	3 Lasagna Roll up w/Meat sauce Italian Blend Vegetables Apple Juice Italian Bread Vanilla Pudding *	4 N.E. Clam Chowder Tuna Salad Sandwich Cole Slaw Warm Apple Slices
7 Italian Sausage w/peppers & Onions Oven Browned Potatoes Italian Green Beans Hot Dog Roll Pineapple Tidbits	8 Salisbury Steak W/Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Banana Pudding*	9 Sl. Turkey w/Gravy Sweet Potatoes Broccoli Wheat Bread Sl. Peaches	10 Pasta Fagioli Chicken Tenders 3 Bean Salad Dinner Roll Fruit Cup	11 BBO Pork W.K. Corn Cole Slaw Hamburger Bun Fruited Jell-O w/Topping*
14 Seafood Newburg Over Rice Normandy Blend Wheat Bread Cookie*	15 Hot Dog Cowboy Beans Mixed Vegetables Hot Dog Bun Apricots	16 Oven Baked Chicken Breast w/Gravy Mashed Potato Dill carrots White Bread Butterscotch Pudding*	17 HAPPY BIRTHDAY Ham & Scalloped Potatoes Broccoli Dinner Roll Birthday Cake*	18 Swedish Meatballs Over Noodles Peas & Onions Wheat Bread Mandarin Oranges
21 Oven Brown Chicken Patty Mac & Cheese Zucchini & Tomatoes Hamburger Bun Chocolate Pudding*	22 Goulash Green Beans Fruit Juice Italian Bread Cinnamon Apples & Raisins	23 Western Style Quiche Oven Brown Potatoes Collard Greens White Bread Tropical Fruit Cup	24 John's Homemade Meatloaf Mashed Potatoes Wheat Beard Ice-Cream*	25 Tuna Noodle Casserole Sl. Carrots Rye Bread Spice Cake*
28 Beef Barley Soup Chicken Salad Sandwich Fruit Juice Warm Fruit Crisp	29 Chicken Supreme Rice Hubbard Squash Wheat Bread Fruit Cocktail	30 Sl. Ham w/Fruit Sauce Sweet Potatoes Collard Greens White Bread Brownie*	31 HAPPY HALLOWEEN Chili Baby Carrots Crackers Cider & Donut	Nutrition Facts Average Per Meal _____ % Daily Value* Calories 610 Total Fat 17g 26% Cholesterol 85mg 8% Sodium 990mg 41% Total Carbohydrate 71g 24% Dietary Fiber 7gm 27% Protein 43g *Percent Daily Values are