



Oneida County Office for the Aging Nutrition Program for the Elderly

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrient Facts</p> <p>Calories 529</p> <p>Total Fat (g) 20</p> <p>Protein (g) 27</p> <p>Carbohydrates (g) 64</p> <p>Cholesterol (mg) 78</p> <p>Sodium (mg) 817</p> <p>Dietary Fiber (g) 7</p> <p>Added Sugars (g) 5</p> <p><i>*Percent Daily Values are based on a 2,000 calorie diet.</i></p>	<p>Average Per Meal</p>	<p>% daily value</p> <p>25%</p> <p>53%</p> <p>23%</p> <p>26%</p> <p>37%</p> <p>25%</p> <p>9%</p>		<p>1</p> <p>Homemade Chili w/ Cheese</p> <p>Sl. Carrots</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p>
<p>4</p> <p>Rib B Que</p> <p>Sweet Potatoes</p> <p>Corn</p> <p>Wheat Bread</p> <p>Cookie*</p>	<p>5</p> <p>Italian Wedding Soup</p> <p>Chicken Nuggets</p> <p>Warm Cinn. Apples</p> <p>2 pkg. Crackers</p>	<p>6</p> <p>Goulash</p> <p>Cauliflower</p> <p>Wheat Bread</p> <p>Diced Pears</p>	<p>7</p> <p>Fish wick w/Cheese</p> <p>Oven Brown Potatoes</p> <p>Green Beans</p> <p>Hamburger Bun</p> <p>Fresh Fruit</p>	<p>8</p> <p>Chicken Rice Casserole</p> <p>Broccoli</p> <p>Wheat Bread</p> <p>Mixed Fruit</p>
<p>11</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p>	<p>12</p> <p>Sl. Turkey w/Gravy</p> <p>Mashed Potatoes</p> <p>Squash</p> <p>Wheat Bread</p> <p>Assorted Puddings*</p>	<p>13</p> <p>Swedish Meatballs</p> <p>Over Noodles</p> <p>Brussel Sprouts</p> <p>Wheat Bread</p> <p>Apricots</p>	<p>14</p> <p>Bratwurst</p> <p>w/Cabbage & Carrots</p> <p>German Potato Salad</p> <p>Wheat Bread</p> <p>Cookie*</p>	<p>15</p> <p>Beef Stew</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Fresh Bread</p>
<p>18</p> <p>Sliced Pork w/Gravy</p> <p>Mashed Potatoes</p> <p>Winter Blend Vegetables</p> <p>Wheat Bread</p> <p>Applesauce</p>	<p>19</p> <p>Pasta & Meatballs</p> <p>Italian Green Beans</p> <p>Wheat Bread</p> <p>Fruit Juice</p> <p>Cookie*</p>	<p>20</p> <p>Oven Brown Fish</p> <p>Rice Pilaf</p> <p>Sliced Carrots</p> <p>Wheat Bread</p> <p>Diced Pears</p>	<p>21</p> <p>Pasta Fagioli</p> <p>Chicken Nuggets</p> <p>Wheat Bread</p> <p>Peaches</p>	<p>22</p> <p>Cheese Omelet</p> <p>w/Sausage Patty</p> <p>Oven Brown Potatoes</p> <p>Spinach</p> <p>Wheat Bread</p> <p>Fresh Fruit</p>
<p>25</p> <p>Italian Sausage w/ Peppers & Onions</p> <p>Tater Tots</p> <p>Mixed Vegetables</p> <p>Wheat Bread</p> <p>Cookie*</p>	<p>26</p> <p>Chicken Supreme</p> <p>Mashed Potato</p> <p>Peas</p> <p>Wheat Bread</p> <p>Diced Pears</p>	<p>27</p> <p>Tuna Noodle Casse- role</p> <p>Sl. Carrots</p> <p>Wheat Bread</p> <p>Fresh Fruit</p>	<p>28</p> <p>Turkey Divan</p> <p>Brown Rice</p> <p>Harvard Beets</p> <p>Wheat Bread</p> <p>Apricots</p>	<p>29</p> <p>Oven Brown Chicken</p> <p>Patty</p> <p>Sweet Potatoes</p> <p>Zucchini & Tomatoes</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p>