

October 2019

Senior Center & Meals On Wheels (MOW) Menu
Please Make Reservations at Your Senior Center.
See your Site Manager for Details.

Meals on Wheels - 753-5084

Cortland County Nutrition Program - 753-5061
<http://www.cortland-co.org/434/Area-Agency-on-Aging>
The suggested contribution is \$3.00.
Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
	1 Hearty Chili w/ Cornbread Mixed Vegetables Mandarin Oranges	2 Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Oatmeal Raisin Cookie	3 Chipped Beef Over Mashed Potatoes California Blend Vegetables Fruit Whip <i>Whole Wheat Bread (MOW)</i>	4 Breakfast Egg Scramble: Ham, Broccoli, & Cheese Creamy Pea Salad Potatoes O'Brien Good Morning Muffin
7 Sweet & Sour Chicken over Rice Southwestern Blend Veggie Vanilla Pudding w/Topping	8 Vegetable Barley Soup <i>MOW- Chicken Patty</i> Loaded Baked Potato w/ Cheese and Broccoli Banana <i>Tossed Salad (MOW)</i>	9 Roast Beef & Gravy Garlic Mashed Potatoes Baby Carrots Fruited Jell-O <i>Baked Beans (MOW)</i>	10 Sausage, Peppers & Onions on a Roll Southern Style Black Eyed Peas Pears <i>Tossed Salad (MOW)</i>	11 Ratatouille Stew w/ Cheddar Cheese Whole Wheat Roll Sweet Potato Wedges Fresh Fruit Salad <i>Coleslaw (MOW)</i>
14 Columbus Day Closed	15 Danny's Famous Macaroni & Cheese Stewed Tomatoes Pears <i>Mixed Vegetables (MOW)</i>	16 Yankee Pot Roast Boiled Potatoes Baby Carrots Whole Wheat Bread Mandarin Oranges	17 Marinated Chicken Rice Pilaf Capri Blend Vegetables Whole Wheat Bread Peanut Butter Brownie <i>Coleslaw (MOW)</i>	18 Meat/Veggie Pizza Peaches Oatmeal Raisin Cookie <i>MOW- Stuffed Shells</i> <i>Cauliflower, Peaches, Cookie,</i> <i>Whole Wheat Bread</i>
21 Potato Crusted Baked Fish Danny's Famous Macaroni & Cheese Green Beans Peaches <i>Coleslaw (MOW)</i>	22 Philly Chicken with Mushrooms, Peppers, Onion & Cheese on a Bun Sweet Potato Wedges Pears <i>Three Bean Salad (MOW)</i>	23 Happy Birthday! Ham, Broccoli & Cheddar Casserole Capri Blend Vegetables Pineapple Whole Wheat Bread Birthday Cake <i>Corn (MOW)</i>	24 Open Faced Hot Turkey Sandwich w/Gravy Mixed Vegetables Berry Crisp <i>Coleslaw (MOW)</i>	25 Spanish Rice Whole Wheat Roll Peas Mixed Fruit
28 Baked Chicken Parmesan Pasta and Sauce Spinach Apricots	29 Hamburger Stew Biscuit Peas Cinnamon Applesauce	30 Happy Halloween! Roast Pork Loin with Gravy Stuffing, Brussel sprouts Mixed Fruit Sugar Cookie	31 Deluxe Cheeseburger: Lettuce & Tomato, Onion, American Cheese, Bun, Pickles Baked Beans Banana	Salad Bar with Assorted Toppings Served Daily at Meal Sites. 8oz 1% Milk Daily