

# November 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
<p><b>Salad Bar with Assorted Toppings Served Daily at Meal Sites.</b> <b>8oz 1% Milk Daily</b></p>				<p>1 Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar</p>
<p>4 Goulash Green Beans Pineapple Tidbits</p>	<p>5 <b>Election Day</b>  <b>Closed</b></p>	<p>6 <b>Happy Veteran's Day!</b> BBQ Pulled Pork on a Bun Creamed Corn Coleslaw Hot Berry Crisp <i>Tossed Salad (MOW)</i></p>	<p>7 Broccoli Cheddar Soup Turkey Sandwich Hot Cinnamon Apple Slices <i>MOW- Salisbury Steak, Au Gratin Potatoes, Tossed Salad, Whole Wheat Bread</i></p>	<p>8 Meatloaf Mashed Potatoes and Gravy Wax Beans Peanut Butter Brownie</p>
<p>11 <b>Veterans Day</b>  <b>Closed</b></p>	<p>12 Danny's Famous Macaroni &amp; Cheese Stewed Tomatoes Pears <i>Broccoli (MOW)</i></p>	<p>13 Hearty Chili Cornbread Mixed Veggie Mandarin Oranges</p>	<p>14 Chipped Beef Over Toast <i>MOW- Over Mashed Potatoes</i> California Blend Vegetables Fruit Whip <i>Whole Wheat Bread (MOW)</i></p>	<p>15 Pizza Day! Meat/Veggie Pizza Peaches &amp; Oatmeal Raisin Cookie <i>MOW- Stuffed Shells, Peaches Cauliflower, Oatmeal Raisin Cookie, Whole Wheat Bread</i></p>
<p>18 Sweet &amp; Sour Chicken over Rice Southwestern Blend Veggies Apricots</p>	<p>19 Vegetable Barley Soup <i>MOW- Chicken Patty</i> Loaded Baked Potato w/ Cheese, Broccoli Banana <i>Tossed Salad (MOW)</i></p>	<p>20 Roast Beef &amp; Gravy Garlic Mashed Potatoes Baby Carrots Fruited Jell-O <i>Baked Beans (MOW)</i></p>	<p>21 Breakfast Egg Scramble: Ham, Broccoli, &amp; Cheese Summer Succotash Potatoes O'Brien Good Morning Muffin</p>	<p>22 Ratatouille Stew w/ Cheddar Cheese Whole Wheat Roll Sweet Potato Wedges Fresh Fruit Salad <i>Coleslaw (MOW)</i></p>
<p>25 Deluxe Cheeseburger: Lettuce, Tomato, Onion, American Cheese, Pickles, On a Bun Baked Beans Banana</p>	<p>26 Chicken N Biscuit Spinach Mixed Fruit</p>	<p>27 <b>Happy Thanksgiving!</b> <b>Happy Birthday!</b> Roast Turkey with Gravy Mashed Potatoes, Stuffing Butternut Squash, Cranberry Sauce, Pumpkin Pie</p>	<p>28 <b>Thanksgiving</b>  <b>Closed</b></p>	<p>29 <b>Thanksgiving</b>  <b>Closed</b></p>