



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

AUGUST 2025 Home Delivered MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Ham and Cabbage Sweet Potato Wheat bread Blueberry yogurt Parfait
4 Chicken Breast with Mushroom Gravy Mashed Potatoes Italian Blend Vegetables Wheat Bread Pears	5 Meatball Sub w/ Marinara Sauce & Mozzarella Broccoli/Gemelli with Garlic Sauce Seasoned Carrots Whole Grain Roll Cantaloupe/Watermelon Blueberries	6 Oven Brown Fish Scalloped Potatoes Pickled Beets Wheat Bread Fresh Apple	7 Sliced Pork with Pineapple Sauce Sweet Potatoes Green Beans Wheat Bread Oatmeal Raisin Cookie*	8 Macaroni & Cheese Stewed Tomatoes Wheat Bread Strawberry Cake with Topping*
11 Ham and Gemella with Primavera Sauce Mixed Vegetables Wheat Bread Berry Cobbler	12 Cheese Tortellini with Meat Sauce Green Beans Wheat Bread Warm Cinnamon Apples	13 Sweet n Sour Meatballs Brown Rice Broccoli Wheat Bread Mandarin Oranges	14 Kielbasa w/Sauerkraut German Potato Salad Carrots Wheat Bread Peaches	15 Vegetable Soup Peanut Butter and Jelly Sandwich Wheat Bread Butterscotch Pudding*
18 Lasagna Roll Up With Meat Sauce Broccoli Whole Wheat Bread Cranberry Apples	19 Broccoli and Cheddar Cheese Stratta Home Fries Spinach Wheat Bread Pineapple Tidbits	20 Bar B Que Chicken Tater Tots Summer Squash Wheat Bread Tropical Fruit	21 Salisbury Steak With Gravy Mashed Potatoes Brussel Sprouts Whole Grain Roll Sugar Cookie*	22 Tuna Gemelli Casserole 4 Bean Medley Wheat Bread Mandarin Oranges
25 Hamburger with Sauté` Mushrooms and Onions Ratatouille Whole Grain Bun Berry Crisp	26 White Chicken Chili over Brown Rice Capri Blend Vegetable Wheat Bread Apple Sauce	27 Sliced Pork with Gravy Sweet Potatoes Green Beans Wheat Bread Chocolate Chip Cookie*	28 Fish Sandwich With Cheese Tater Tots Carrots Hamburger Roll Vanilla Pudding*	29 French Toast Strips With Syrup Sausage Oven Brown Potatoes Stewed Tomatoes Wheat Bread Peach Cobbler*

