

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

## DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Enchilada Pasta Broccoli with Red Peppers Wheat Bread Yogurt with Fruit and Granola	3 Beef Stroganoff over Noodles Capri Blend Vegetables Wheat Bread Pineapple Upside down Cake*	4 Potato/Cheese Pierogi w/Sauteed Onions Seasoned Greens Wheat Bread Chocolate Pudding*	5 Oven Brown Fish Oven Brown Potatoes Mixed Vegetables Wheat Bread Peaches	6 BBQ Chicken Sweet Potatoes Green Bean Salad [Hot] Wheat Bread Apple Sauce
9 Goulash Roasted Cauliflower Wheat Bread Warm Cinnamon Pears	10 Italian Wedding Soup with Meatballs Spinach Wheat Bread Apple Crisp	11 Sliced Pork With Gravy Mashed Potatoes Peas and Onions Wheat Bread Tropical Fruit	12 Chicken Supreme Oven Brown Parsley Potatoes Green Beans Wheat Bread Coffee Cake*	13 Tuna Noodle Casserole Sliced Carrots Wheat Bread Mandarin Oranges
16 Swedish Meatballs Seasoned Noodles Beets Wheat Bread Peaches	17 Turkey Divan Over Rice Broccoli Wheat Bread Apple Sauce	18 Baked Chicken Au Gratin Potatoes Carrots Wheat Bread Chocolate Chip Cookie*	19 Tomato Florentine Soup Peanut Butter and Jelly Sandwich Three Bean Salad Wheat Bread Pineapple Cobbler	20 Oven Brown Fish Scalloped Potatoes Collard Greens Wheat Bread Sliced Pears
23 Homemade Chicken Noodle Soup Chicken Nuggets Broccoli Wheat Bread Yogurt with Strawberries and Granola	CHRISTMAS DINNER 24 Baked Ham with Glazed Cranberry Sauce Sweet Potatoes Winter Blend Vegetables W. W. Dinner Roll Strawberry Cake w/Choc. Peppermint Frosting*	25 CLOSED MERY CHRISTMAS	26 Ground Beef and Potato Casserole Capri Blend Vegetables Wheat Bread Vanilla Pudding*	27 Meatloaf with Gravy Mashed Potatoes Hubbard Squash Wheat Bread Apple Sauce
30 Rib B Que Cowboy Baked Beans Cauliflower Wheat Bread Cinnamon Pears	31 NEW YEAR'S DINNER Lasagna Roll Up with Meat Sauce Italian Green Beans Wheat Bread Warm Apples with Cranberries			