



Oneida County Office for the Aging  
Nutrition Program for the Elderly

JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>HAPPY NEW YEAR'S CLOSED</b>	2 Salisbury Steak with Gravy Mashed Potatoes Peas Wheat Bread Oatmeal Raisin Cookie*	3 Oven Brown Chicken Patty Sweet Potatoes Broccoli Wheat Bread Butterscotch Pudding*
6 Oven Brown Fish Au Gratin Potatoes Zucchini & Tomatoes Wheat Bread Apple Sauce	7 Chicken Rice Casserole Capri Blend Vegetables Wheat Bread Fresh Apple	8 Turkey Pot Pie Soup Glazed Carrots Biscuit Warm Cinnamon Pears	9 Baked Egg with Cheese and Sausage Home Fries Spinach Wheat Bread Pineapple Cobbler	10 Meatballs and Spaghetti Italian Green Beans Wheat Bread Chocolate Chip Cookie*
13 Goulash Brussel Sprouts w/Balsamic reduction Wheat Bread Tropical Fruit	14 Oven Roasted Chicken with Gravy Stuffing Mixed Vegetables Wheat Bread Mandarin Oranges	15 Homemade Beef and Bean Burrito Brown Rice Carrots Flour Tortilla Shell [2] Yogurt with Blueberries and Granola	16 Sliced Pork with Gravy Mashed Potatoes Winter Blend Veg, Wheat Bread Chocolate Pudding*	17 Chicken Alfredo Fettuccine Broccoli Wheat Bread Peach Cobbler
20 Beef Hot Dog Baked Beans Carrots Hot Dog Bun Pineapple Tidbits	21 Oven Brown Fish Scalloped Potatoes Green Beans Wheat Bread Pears	22 Oriental Chicken Brown Rice Corn and Black Beans Wheat Bread Fig Newton*	23 Egg, Cheese and Spinach Stratta Oven Brown Potatoes Seasoned Greens Wheat Bread Coffee Cake*	24 Beef Patty Au jus Rice Pilaf Beets Wheat Bread Mandarin Oranges*
27 Cheddar Cheese and Potato Soup Chicken Tenders Peas and Carrots Wheat Bread Peaches	28 Sweet and Sour Meatballs Rice Brussel Sprouts Wheat Bread Apple Crisp	29 Sliced Turkey with Gravy Sweet Potato Winter Blend Vegetables Wheat Bread Vanilla Pudding*	30 Rib B Que O'Brien Potatoes Dill Carrots Wheat Bread Tropical Fruit	31 Chicken Parmesan Pasta with Sauce Green Beans Wheat Bread Apple Sauce