



Oneida County Office for the Aging  
Nutrition Program for the Elderly



JULY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Kielbasa German Potato Salad Cabbage and Carrots Wheat Bread Pears	2  Oriental Chicken Brown Rice Oriental Blend Vegetables Wheat Bread Poke Cake*	3  Lasagna Roll up With Meat Sauce Zucchini Squash Wheat Bread Strawberry Applesauce	4  <b><u>CLOSED</u></b> <b><u>JULY 4th</u></b>
7  Salisbury Steak with Gravy Sweet Potatoes Beets Wheat Bread Clemetine Orange	8  Fish Sandwich with Cheese Tater Tots Zucchini Wheat Bread Warm Spiced Apples	9  Hamburger with Cheese and Onions Baked Beans Brussel Sprouts Wheat Roll Tropical Fruit	10  Chicken Cacciatore Brown Rice Italian Blend Vegetables Wheat Bread Yogurt Parfait with Blueberries	11  Tuna Pasta Casserole Peas and Carrots Whole Grain Roll Peaches
14  Baked Chicken with Supreme Sauce Brown Rice Sauté' Greens Wheat Bread Pears	15  Goulash Green Beans Wheat Bread Applesauce	16  Swedish Meatballs Pasta Mixed Vegetables Wheat Bread Apple Crisp	17  Italian Sausage with Peppers and Onions Oven Brown Potatoes Italian Green Beans Wheat Bread Chocolate Pudding*	18  Sliced Turkey with Gravy Stuffing Dill Carrots Wheat Bread Mixed Fruit
21  Bar B Que Chicken Au Gratin Potatoes Summer Blend Vegetables Wheat Bread Oatmeal Raisin Cookie*	22  Beef Hot Dog Baked Beans Mediterranean Vegetables Hot Dog Bun Fruit Cup	23  Broccoli And Cheese Strata Roasted Potatoes Spinach Wheat Bread Warm Cinnamon Peach Cobbler	24  Spanish Rice Mixed Vegetables Corn Bread Chocolate Chip Cookie*	25  Oven Brown Fish Rice Pilaf Broccoli with Cauliflower Wheat Bread Butterscotch Pudding*
28  Spaghetti And Meatballs Green and Yellow Beans Wheat Bread Mandarin Oranges	29  Oven Brown Chicken Stuffing with Gravy Brussel Sprouts Wheat Bread Fruit Oatmeal Bar*	30  Mushroom Stew Over Pasta Mixed Vegetables Wheat Bread Sugar Cookie*	31  Turkey Divan Brown Rice Broccoli Wheat Bread Pears	

