

ONEIDA COUNTY OFFICE FOR THE AGING

Senior Nutrition Program for the Elderly – Newsletter August 2026

Dear Home Delivered Meal Participants

The Oneida County Senior Nutrition Program and Trinity Services Group are pleased to share the August 2026 Nutrition Program for the Elderly Menu.

Below you will find highlights for the month, and the back will have a list of entrees, vegetables, and desserts being served for August. Your meals have a full description on the labels well.

Holiday Notice

September 7, 2026, is Labor Day – Office for the Aging and Trinity Services Group will be closed. Monday deliveries will receive a notice August 31, 2026, of what will be your make day please keep that in mind.

Welcome to August!

★ Comfort Food Favorites

- Potato & Cheese Pierogi with Sautéed Onions, Zucchini & Tomatoes, Mandarin Oranges
- Sloppy Joe, Sweet Potatoes, Green Beans, Butterscotch Pudding
- Salisbury Steak with Gravy, Garlic Mash Potatoes, Wax Beans, Mandarin Oranges

Summer Cookout Favorites

- Rib BBQ, Hearty Baked Beans, Dill Carrots, Fruit Cocktail
- Bratwurst with Sautéed Onions & Cabbage, Dill Carrots, Fruit Cocktail

International Inspirations

- Chicken Fajitas with Peppers & Onions, Brown Rice, Peas, Fresh Orange
 - Ditalini & Peas with Red Sauce, Brussell Sprouts, Chocolate Pudding
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• Sweet Treats

- Enjoy favorites like cobblers, cookies, and pudding throughout the month!

Each meal includes nutritious combinations of protein, vegetables, fruit, whole grains, and milk to support healthy aging and well-being. Our team is proud to provide nutritious meals and opportunities for social connection throughout Oneida County. Thank you for participating in the Senior Nutrition Program.

 **Questions? Call 315-798-5456 ext. 1**

August 2026 Menu items being served. Meals include whole grain bread, as much as available as well as a beverage. Meals meet 1/3 of the Recommended Daily Allowance.

Breaded Fish with Cheddar Cheese with Hamburg Bun, Oven Brown Potatoes, Cauliflower, Yogurt with Peaches & Granola

Turkey Divan with Broccoli, Brown Rice, Diced Beets, Pineapple Tidbits

Orange Glazed Chicken Thigh, Brown Rice, Italian Blend Vegetable, Oatmeal Raisin Cookie

Pork Cutlet with Sauerkraut, German Potato, Salad, Oriental Blend, Applesauce

Lemon Greek Chicken, Parsley Rice, Capri Blend, Chocolate Chip Cookie
Minestrone Soup, Mixed Vegetable, PB & Jelly Sandwich, Yogurt w/
Pineapple & Granola

Meatball Sub w/ Sauce & Mozzarella & Roll, Seasoned Spinach, Mandarin Oranges

Chicken Rice Casserole, California Blend Vegetable, Pineapple Tidbits

Chicken & Broccoli Stir Fry, Brown Rice, Oriental Blend Vegetable, Sliced pears with Cinnamon

Chicken Parmesan with Spaghetti, Italian Green Beans, Sliced Peaches

Pork w Southern Gold Sauce, Brown Rice, Cabbage & Carrots, Apple Crisp

Open Faced Turkey Sandwich w/ Gravy, Sweet Potatoes, Peas, Vanilla Pudding

Sweet & Sassy Chicken Breast, Rice Pilaf, Broccoli Florets, Lemon Cookie

We always want to hear back about the food and any foods or recipes you would like to see on the menus. We are working on the Fall and Winter Menus so it would be good to hear from you.

Oneida County Senior Nutrition Program at (315) 798-5456 extension 1

