

ONEIDA COUNTY OFFICE FOR THE AGING

Senior Nutrition Program for the elderly – Newsletter July 2026

Dear Home Delivered Meal Participants

The Oneida County Senior Nutrition program and Trinity Services Group are pleased to share the July 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 July. Your meals have a full description on the labels well.

Holiday Notice

Friday, July 3rd – Office for the Aging and Trinity Services Group will be closed.

★ Featured Meals of the Month

- Chicken Marsala with Fettuccine Pasta, Brussel Sprouts with Balsamic, Chocolate Chip Cookie
 - Roast Turkey with Gravy, Cauliflower Stuffing, Collard Greens, Apple Cinnamon Cobbler
 - Pork with Supreme Sauce, Apple Stuffing, Capri Blend Vegetables, Sliced Pears
 - Glazed Meatloaf with Mashed Potatoes, Sliced Carrots, Fruit Cocktail
 - Pulled BBQ Pork with Hamburger Bun, Scalloped Potatoes, Mixed Vegetables, Vanilla Pudding
 - Chicken Stew with Biscuit, Summer Blend Vegetables, Pineapple Tidbits
 - BBQ Chicken, Oven Roasted Potatoes, Mixed Vegetables, Oatmeal Raisin Cookie
 - Lasagna Roll Up with Vegetable Cream Sauce, Italian Blend Vegetables, Mandarin Oranges
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• Sweet Treats

- Enjoy favorites like cobblers, cookies, and pudding throughout the month!
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We Look Forward to Serving You!

Balanced meals include whole grains, protein, fruits, vegetables, and milk—supporting healthy aging every day.

We are proud to serve our community and remain committed to supporting health, independence, and well-being through nutritious meals and social. Thank you for your continued participation in the Oneida County Senior Nutrition Program. If you have any

questions or comments on the food because we love to hear feedback, please contact The Oneida County Senior Nutrition Program directly.



Call 315-798-5456 ext. 1

July 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.

Beef Hot Dog, Baked Beans, Diced Carrots, and Vanilla Pudding

Creamy Tuscan Chicken, Over Penne Pasta, Sliced Carrots, Oatmeal Raisin Cookie

Rigatoni with Meatballs & Sauce, Peas with Onions, Sliced Peaches

Egg & Cheese Frittata with Salsa, Hash Browns, Seasoned Greens, Banana Cake with Topping

Chicken Cacciatore over Small Shells Pasta, Brussel Sprouts, Pineapple Tidbits

Sweet & Sour Meatballs, Brown Rice, Sliced Beets, Sugar Cookie

Hawaiian Pork, Rice Pilaf, green Beans, Sliced Peaches with Strawberries

Lemon Baked Fish, Seasoned Pasta with Zucchini & Tomatoes, Broccoli Florets, sliced Pears

Mushroom Swiss Burger, Mash Potatoes, Diced Beets, Sliced Apples with Cranberries

Vegetable Tortellini Salad, Stewed Tomatoes, Pineapple Cobbler

Chicken Riggies, Italian Green Beans, Chocolate Pudding,

Broccoli & Cheddar Cheese Strata, Home fries, Seasoned Spinach, Coffee Cake

Grilled Marinated Chicken Sandwich with Hamburger Bun, Au Gratin Potatoes, Peas, Cinnamon Applesauce

Baked Ziti with Meat Sauce, Sliced Carrots, 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.

There is holiday meals included when we are closed.