

Oneida County Office for Aging Nutrition Program for the Elderly- June 2026

Dear Home Delivered Meal Participants

The Oneida County Office for the Aging and Trinity Service Group is pleased to share the June 2026 Nutrition Program for the Elderly Menu.

Below you will find highlights and special events for the month, and the back has a list of entrees, vegetables, and desserts being served for June. Your meals have a full description on the label as well.

 Welcome to June!

Enjoy a delicious mix of comfort foods and fresh summer favorites all month long!

This Month's Highlights

Local Favorites

- Meatball Sub with sauce & Mozzarella, Utica Greens, Mandarin Oranges
- Chicken Riggies, Italian Green Beans, Chocolate Pudding

Light & Fresh Options

- Lemon Baked Fish, Seasoned Pasta with Zucchini & Tomato, Broccoli & sliced Pears
- Lemon Greek Chicken, Parsley Rice, Capri Blend Vegetables, & Chocolate Chip Cookie

BBQ & Summer Flavors

- BBQ Chicken, Oven roasted Potatoes, Mixed Vegetables, Oatmeal Raisin Cookie
 - Rib BBQ, Hearty Baked Beans, Dill Carrots, & Fruit Cocktail
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Special Meal

Father's Day Celebration – June 18

Turkey w/ gravy, mashed potatoes, peas & pearl onions, and chocolate cake

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

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

June 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 Allowances.

Hawaiian Pork, Rice Pilaf, Sliced Beets, Sliced Peaches with Strawberries.

Baked Ziti with Meat Sauce, Sliced Carrots, Sugar Cookie.

Mushroom Swiss Burger, Mashed Potatoes, Sliced Carrots, Sliced Apples with Cranberries

Chicken Stew with Biscuit, Green Beans, Pineapple Tidbits

Vegetable Tortellini Salad, Stewed Tomatoes, Banana Cake with Topping

Chicken Fajitas with Onions & Peppers & Wheat Tortilla, Brown Rice, Peas, Cinnamon Applesauce

Cheese Piza with Sliced Peppers & Onions, California Blend, Grape Juice, Apple Crisp

Broccoli & Cheddar Cheese Stratta, Home Fries, Seasoned Spinach, Coffee Cake

Bratwurst with Sauteed Onions & Cabbage, German Potato Salad, Sliced Peaches

Ham Primavera, Bowtie Pasta, Summer Blend Vegetables, Sliced Apples with Cranberries

Ditalini & Peas with Red Sauce, Brussel Sprouts, Yogurt Parfait

Lasagna Roll Up with Vegetable Cream Sauce, Italian Blend Vegetable, Pineapple Cobbler

Sloppy Joe with Hamburger Bun, Sweet Potato, Green Beans, Butterscotch Pudding

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

Spanish Rice, Peas & Carrots, Pear Crisp

Plus, highlighted Meals mentioned on page 1.

- We Always want to hear back about the food and any foods or recipes you would like to see on the menus.
 - No holidays this month but holiday meals are included when we are closed.
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