

Oneida County Office for the Aging Nutrition Program for the Elderly – May 2026

Dear Home Delivered Meal Participants

The Oneida County Office for the Aging and Trintiy Service Group are changing the menu starting in May 2026 for the home delivered meals. This format is used in other Senior Meal Programs in New York State.

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

May 2026 Menu Highlights

- **Cinco de Mayo – Tuesday, May 5**

Fiesta Chunky Salsa Burger, Mexican Rice, Aztec Blend Vegetables, and Mayan Apple Crisp with Topping.

- **Mother’s Day Celebration – Thursday, May 7**

Chicken Parmesan with Pasta, Broccoli, and Marble Cake with Topping.

- **Spring Picnic – Wednesday, May 27**

Beef Hot Dog, Baked Beans, Broccoli, Tropical Fruit, served on a Hot Dog Roll.

Important Program Information

- **Monday, May 25, 2026 – CLOSED**
- Menus are subject to change based on product availability.
- Please notify Office for Aging Case Manager or Nutrition Unit in advance of any dietary restrictions or allergies. If you have any food allergies, please notify your medical provider as well as this can be a serious matter that needs to be documented on your medical record.

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 for the Aging Senior Nutrition Program.

If you have any questions, please contact the Office for the Aging directly.

Sincerely, Oneida County for the Aging Senior Nutrition Program 9315)798-5456 ext 1

May 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.

Sloppy Joe with Hamburger Bun, Sweet Potatoes, Greens & Beans, and Pudding.

Oriental Pork Stir Fry, Fried Rice, Asian Blend Vegetables, and Fruit cocktail.

Pork with Southern Gold Sauce, Brown Rice, Cabbage & Carrots, and chocolate Chip Cookie.

Rigatoni with Sauce and Meatballs, Peas, and Slices Peaches.

Turkey Divan with Broccoli, Brown Rice, Mixed Vegetables, and Chocolate Pudding.

Orange Glazed Chicken, Seasoned Bowtie Pasta, Capri Blend Vegetable, and Oatmeal Raisin Cookie.

Pork with Supreme Sauce, Apple Stuffing, Oriental Blend Vegetable, and Sliced Pears.

Egg & Cheese Frittata with Salsa, Hash Browns, Collard Greens, and Banana Cake.

Glazed Meatloaf, Mashed Potatoes, Seasoned Carrots, and Fruit cocktail.

Salisbury Steak with Gravy, Mashed Potatoes, Wax Beans, and Vanilla Pudding.

Chicken Parmesan with Spaghetti, Peas & Carrots, and Mandarin Oranges.

Open Faced Turkey Sandwich with Gravy, Sweet Potatoes, Brussel Sprouts, and Poke Cake.

Chicken Rice Casserole, Diced Beets, and Pineapple.

Vegetable Burger with Hamburger Bun, Baked Beans, Cauliflower, and Strawberry Cake.

Pork Cutlet with Sauerkraut, German Potato salad, Green Beans, Sliced Apples with Cranberries.

Sweet & Sassy Chicken Breast, Rice Pilaf, Carrots, and Lemon Pudding.

Minestrone Soup, Peanut Butter & Jelly Sandwich, Yogurt with Strawberries & Granola

Plus, highlighted celebration meals mentioned on page 1.

- We always want to hear back about the food served. Also, any foods or recipes you would like to see on the menus.
- Remember there are holiday meals included when we are closed.