November 2026 Senior Nutrition Newsletter

Oneida County Senior Nutrition Program

Welcome to November

Home Delivered Meals will be served on Wednesday, November 11, 2026, for Veteran's Day. Oneida County Office for the Aging will be closed Wednesday, November 11, 2026, for the holiday. **If you need to cancel your meals for Wednesday, November 11, 2026, you must call Senior Nutrition Program by Tuesday, November 10, 2026, by 4:00 pm.**

There will be no home delivered meals delivered Thursday, November 26, 2026, and Friday, November 27, 2026, due to Thanksgiving holiday. Trinity Services will be sending a note a week or 2 weeks in advance for seniors who get their meals on Thursdays & Fridays to inform you what day of the week you will be getting your meals. **If you do not need your meals during the week of Thanksgiving or your dialysis days have changed due to the holiday, please call the Senior Nutrition Program at (315)798-5456 extension 1 in advance.**

November Highlights

Thanksgiving Celebration Meal

Sliced Turkey with Gravy, Sweet Potatoes, Stuffing, Green Beans, with Red Peppers, Whole Grain Dinner Roll and Pumpkin Pie

A holiday favorite you will not want to miss!

Other Menu Selections

Shepards Pie, Stewed Tomatoes, Yogurt with Pineapple & Granola

Turkey Pot Pie with a Biscuit, Green Beans, Cinnamon Applesauce

Spinach, Onion & Cheddar Cheese Stratta, Home Fries, Broccoli Florets, Sliced Peaches.

Turkey Bolognese, Penne Pasta, California Blend Vegetable, Chocolate Chip Cookie.

Broccoli, Chicken & Cheddar Cheese Soup, Peas, Mandarin Oranges.

Chicken Ala King, Brown Rice, Diced Beets, sliced Pears.

Cajun Baked Fish Taco, Mexican Rice, Sauteed Cabbage with Red & Green Peppers Strips, Vanilla Pudding.

Chicken Alfredo with Broccoli, Penne Pasta, Sliced Carrots, Pineapple Tidbits.

Sausage Links with Onions & Peppers, Baked Beans, Brussel Sprouts with Balsamic, Applesauce.

Goulash, Cauliflower, Apple Juice, Lemon Cookie.

Roasted Pork with Gravy, Garlic Mashed Potatoes, Green & Wax Beans, Fruit Cocktail.

Chicken Stew, Brown Rice, Capri Blend Vegetables, Oatmeal Raisin Cookie.

Beef Stroganoff with Mushrooms, Bowtie Pasta, Mixed Vegetables, Tropical Fruit.

Oven Roasted Chicken with Gravy, Mashed Potatoes, Glazed Carrots, Pear Cobbler.

Cabbage Roll Casserole, Italian Green Beans, Mandarin Oranges.

Turkey & Greens with Penne Pasta, Peas, Sliced Apples with Cranberries.

Swedish Meatballs with Gravy, Brown Rice, Sauteed Cabbage & Carrots, Peach Crisp

Minestrone Soup with Small Shells, Brussel Sprouts, Apple Juice, Chocolate Pudding.

All meals include whole grain bread, dinner roll, tortilla wrap & hotdog roll, and milk or beverage of choice.

As a reminder the white flaky stuff will be coming our way. It is important to keep a path from the road to your door of delivery clear of any snow and ice. If home delivered meals cannot be delivered due to the weather it will be announce on tv closings under Oneida County Senior Nutrition Program. It will be also on the radio like Big Frog or call Oneida County Senior Nutrition Program.

We Look Forward to Serving You!

Oneida County Office for the Aging
Senior Nutrition Program
📞 **315-798-5456 ext. 1**

"Good nutrition is an important ingredient for healthy aging."