

October 2026 Senior Nutrition Newsletter

Oneida County Office for the Aging Senior Nutrition Program

Welcome to October!

As autumn season arrives, with the cooler temperatures and changing of the leaves. We are excited to bring you another month of delicious, nutritious meals designed to support healthy age and community connections. October's menu features a variety of seasonal favorites, comforting classics, and a fun Halloween celebration to close out the month.

October Menu Highlights

Fresh Favorites This Month

Enjoy a variety of comforting and flavorful menus choices, including:

- Baked Fish Florentine, Rice Pilaf, Italian Green Beans, Pineapple Tidbits
- Mushroom Stew with Pork, Brown Rice, Oriental Blend Vegetables, Mandarin Oranges
- Cranberry Glazed Chicken, Seasoned Pasta with Zucchini & Tomatoes, Butternut Squash, Sliced Pears
- White Chicken Chili, Brown Rice, Brussel Sprouts. Apple Crisp
- Meatloaf with Mushroom Gravy, Mashed Potatoes, Diced Beets, Chocolate Pudding

These meals are paired with whole grains, and milk or beverage of choice to help support a balanced diet.

Other featured Meals

BBQ Chicken, Twice Baked Potato, Sliced Carrots, Sugar Cookie

Macaroni & Cheese, Seasoned Greens, Applesauce

Chicken Parmesan with Spaghetti, California Blend Vegetable, Vanilla Pudding

Pork with Supreme Sauce, Oven Roasted Potatoes, Mixed Vegetables, Sliced Apples with Cranberries

Chicken Riggies, Broccoli, Yogurt with Pineapple & Granola

Italian Wedding Soup, Chicken Sandwich, Banana Cake

Kielbasa with Sauteed Onions & Cabbage, Oven Roasted Potatoes, Sliced Peaches

Lasagna Roll Up with Meat Sauce, Italian Blend Vegetable, Cinnamon Applesauce

Potato & Cheese Pierogi with Sauteed Onions, Spinach, Pear Crisp, Grape Juice

Cheddar Burger with Hamburger Bun, Hearty Baked Beans, Dill Carrots, Fruit Cocktail

Spanish Rice, Peas & Carrots, Oatmeal Cookie

Spaghetti & Meatballs with Sauce, Cauliflower, Mandarin Oranges

Salisbury Steak with gravy, Sweet Potato, Green Beans, Pineapple Cobbler

Oriental Pork Stir Fry, Fried Rice, Asian Blend Vegetables, Chocolate Pudding

Lemon Baked Fish, Seasoned Pasta with Zucchini & Tomato, Broccoli Florets, Sliced Pears

Rib B Que, Apple Stuffing, Collard Greens, Sliced Peaches with Strawberries

 Halloween Celebration

Join us on **Friday, October 30** for a festive Halloween-themed lunch! If you go to one of the Congregate Sites, please come in costume.

Menu:

 Eyeballs (Meatballs) with Bloody Worms (Spaghetti & Sauce)

 Witch's Fingers (Sliced Carrots)

 Cider & Donuts at the Congregate Sites

 Apple Juice and Whole Grain Bread for home delivered meals

Come celebrate the season with a fun and delicious meal!

Wellness Tip for October

Please read our consulting dietitian Laurie Zirilli's nutrition article on Gut Health, a popular topic for all ages. It is flu season, a reminder to get immunized or if not sure all was discuss with your health care provider.

Route times have changed and will be later.

If you got the letter notifying you or not, we have been reminding all home delivered meal participants of this since it started September 14, 2026. This was a corporate decision by Trinity Services Group to help with some changes in the main kitchen. When each of you starts the home-delivery meals we will give you a time frame of delivery now, it is from 9:00 am to 1:00 pm. We expect all participants to wait until they get their meals on the assigned day of the week. If you cannot be home during these times, then you are to **call the Oneida County Senior Program to cancel the day or cancel and plan for another day of delivery by calling (315) 798-5456 extension 1**. We prefer you the participant or designated person to make this call. All appointments are generally known in advance so there is no reason a call cannot be made. The cost and time of someone not calling is a huge expense on this program which can be eliminated if a few minutes are taken to make a call. The funding for this program is limited and each year the belt gets tighter. The home delivered meals are not for convenience, it is because you have a need and can commit to that time frame of 9:00 am to 1:00 pm one day per week.

Need Assistance

For questions about meal service, site locations, or nutrition program information, please contact:

Oneida County Office for the Aging

Senior Nutrition Program

315-798-5456 ext. 1