



**Oneida County Office for the Aging
Nutrition Program for the Elderly**

SEPTEMBER 2025

HDM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY CLOSED	2 Rib B Que Baked Beans Summer Mix Vegetables Wheat Bread Pears	3 Oriental Chicken Brown Rice Pilaf Oriental Vegetables Wheat Bread Pineapple Tidbits	4 Turkey Divan Mashed Potatoes Carrots Wheat Bread Spice Cake with Topping*	5 Oven Brown Fish Home Fried Potatoes Pickled Beets Wheat Bread Apple Cranberry
8 Salisbury Steak with Mushroom Gravy Mashed Potatoes Cauliflower Wheat Bread Sliced Pears	9 Beef Hot Dog Cowboy Baked Beans Mixed Vegetables Whole Grain Hot Dog Bun Pineapple Tidbits	10 Sliced Turkey with Gravy Sweet Potatoes Brussel Sprouts Wheat Bread Warm Apples	11 Chicken and Rice Casserole Italian Blend Vegetables Wheat Bread Fruit Mix	12 Spaghetti and Meatballs Spinach Wheat Bread Coffee Cake*
15 White Chicken Chili Over Brown Rice Mixed Vegetables Wheat Bread Yogurt with Strawberries and Granola	16 Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread Strawberry Cake*	17 Sausage with Peppers and Onions Home Fried Potatoes Broccoli and Cauliflower Wheat Bread Peaches	18 Chicken Parmesan Spaghetti Mixed Vegetables Wheat Bread Warm Berry Cobbler	19 Ground Beef Stroganoff over Pasta Capri Blend Vegetables Wheat Bread Pineapple Tidbits
22 Oven Brown Chicken Breast Cheesy Mashed Potatoes Broccoli Wheat Bread Peaches	23 Tuna Pasta Casserole Sliced Carrots Wheat Bread Chocolate Chip Cookie*	24 Cheeseburger Potatoes Wedges Green Beans Whole Grain Hamburg Roll Mandarin Oranges	25 Swedish Meatballs Over Pasta Mixed Vegetables Wheat Bread Fruit Mix	26 Chicken Burrito Bowl with Rice Waxed Beans Wheat Bread Sliced Pears
29 Fish – wich with Cheese Sweet Potatoes Broccoli Hamburger Bun Cranberry Apple	30 Broccoli Cheese Strata Oven Brown Potatoes Spinach Wheat Bread Banana Cake*			

