



## Lewis County Office for the Aging Nutrition Program

Suggested Contribution: \$4.00/over 60 ~ Guest Fee: \$11.00/under 60

*contributions can be made via our website, cash, check or SNAP benefits*


Dining Sites located in Copenhagen, Croghan, Harrisville, Lowville & Lyons Falls

To reserve a meal, or make changes to your Home Delivered Meals,  
please call our **Meal Line** at 315-376-2041



**NY Connects**  
Your Link to Long Term  
Services and Supports



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
		1 <b>Egg &amp; Cheese Omelet</b> Potatoes O'Brien Spinach 100% Orange Juice Muffin	2 <b>Easter Meal</b> <b>Ham with Gravy</b> Mashed Potatoes Mixed Vegetables Cooks Choice Pie Dinner Roll	3  <b>Cook's Choice</b>
6 <b>Meatloaf with Gravy</b> Mashed Potatoes Brussel Sprouts Cinnamon Applesauce Chocolate Milk	7 <b>Chicken with Maple Mustard Glaze</b> Red Potatoes Asparagus Mandarin Oranges	8 <b>Beef on Noodles</b> Green Beans, Red Peppers & Mushrooms Warm Pears Pudding	9 <b>Chicken Salad with Cranberries</b> Croissant Pickled Beets Broccoli Salad Grapes	10 <b>Fish Sandwich</b> Herb Roasted Potatoes Lima Beans Pineapple
13 <b>Lemon Garlic Chicken</b> Butternut Squash Capri Mixed Vegetables Apricots	14 <b>Broccoli Cheddar Soup</b> Egg Salad Sandwich Carrots Warm Cinnamon Apples	15 <b>Macaroni and Cheese</b> Stewed Tomatoes Broccoli Mixed Fruit Cup	16 <b>Roast Pork with Pineapple Glaze</b> Sweet Potatoes Peas Cake with Fruit Topping	17 <b>Chicken Penne</b> Green Beans Cauliflower Banana
20 <b>Mushroom Swiss Burger</b> Sweet Potato Wedges Brussel Sprouts Grapes	21 <b>Open Faced Turkey Sandwich</b> Mashed Potatoes Green Beans Mandarin Oranges with Whipped Topping	22 <b>Teriyaki Chicken</b> Brown Rice Broccoli & Red Peppers Pineapple	23 <b>Spaghetti with Meatballs</b> Spinach Salad Warm Apples Garlic Bread	24 <b>Kielbasa</b> With Peppers & Onions Tator Tots Italian Mixed Vegetables Peaches
27 <b>Beef Chili</b> Corn Muffin Peas & Corn Pineapple Cook's Choice Cookie	28 <b>French Toast Sticks</b> with Local Maple Syrup Turkey Sausage Potatoes O'Brien Mixed Fruit Cup	29 <b>Sweet &amp; Sour Meatballs</b> Mashed Potatoes Green Beans and Red Peppers Carrots Yogurt with Berries	30 <b>Tomato Basil Fish</b> Brown Rice Asparagus Banana	<b>1% Milk Offered Daily</b>

**\*Menu is subject to change without notice**

Approved: 03/13/2026

Amanda Woolnough MA, RDN, CDN