



# 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 315-377-2041



NY Connects  
Your Link to Long Term  
Services and Supports



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
1 <b>Chicken &amp; Biscuits</b> Sweet Potatoes Peas Mixed Fruit Cup	2 <b>Chef's Choice Quiche</b> Home Fries Diced Beets 100% Orange Juice	3 <b>Mac &amp; Cheese</b> Stewed Tomatoes Broccoli Applesauce Pudding	4 <b>Open Face Turkey Sandwich</b> Mashed Potatoes & Gravy Green Beans Melon Chocolate Milk	5 <b>Pork Cutlet Over Rice</b> Asparagus Tips Carrots Strawberries
8 <b>Spaghetti &amp; Meatballs</b> Tossed Salad Baked Apples Garlic Bread	9 <b>Chicken Stir Fry</b> Brown Rice Warm Pears Dinner Roll	10 <b>Turkey Tetrazzini</b> Green Beans Carrots Grapes	11 <b>Ham Salad Cold Plate</b> Whole Wheat Roll Lettuce & Tomato Broccoli & Bacon Salad Banana	12 <b>Fish Scandia</b> Roasted Potatoes Capri Blend Veg Mandarin Oranges with Whipped Topping
15 <b>Meatloaf with Gravy</b> Mashed Potatoes Green Beans & Red Peppers Cinnamon Applesauce Chocolate Milk	16 <b>Chicken &amp; Rice Soup</b> Half Tuna Salad Sandwich Broccoli Peach Crisp	17 <b>Italian Sausage With Onions and Peppers</b> Roasted Potatoes Spinach Melon	18 <b>Father's Day Meal</b> <b>BBQ Pulled Pork Sandwich</b> Baked Beans Asparagus Cook's Choice Fruited Dessert 	19  <b>(Meal Sites and Offices Closed)</b>
22 <b>Cheeseburger</b> Sweet Potato Wedges Green Beans Strawberries	23 <b>Breaded Fish Sandwich</b> Coleslaw Capri Blend Vegetables Berry Cobbler	24 <b>Glazed Turkey Meatballs</b> Over Rice Peas Warm Peaches	25 <b>Chicken Cobb Salad</b> with egg, cucumber, tomato, cheese, croutons and Balsamic dressing Fruited Yogurt Parfait	26 <b>Cook's Choice!</b>
29 <b>Baked Ham</b> Mashed Potatoes Spinach Pineapple	30 <b>Berry Pancakes</b> Turkey Sausage Potatoes O'Brien 100% Orange Juice			<b>Milk Offered Daily</b>

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

Approved: 5/18/26

Amanda Woolnough MA, RDN, CDN