



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

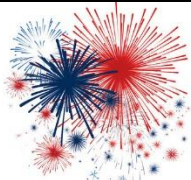


Dining Sites located in Copenhagen, Croghan, Harrisville, Lowville & Lyons Falls

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% Milk Offered Daily		1 Sweet & Sour Pork with Pineapple Seasoned Brown Rice Oriental Blend Vegetables Fresh Melon	2 Hot Dog on a Bun Baked Beans Broccoli Bacon Salad Berry Cheesecake Parfait	3  Meal Sites & Offices Closed
6 Macaroni & Cheese Stewed Tomatoes Broccoli Applesauce	7 Egg & Cheese Strata Spinach Warm Bran Muffin Low Sodium V8 Juice Fresh Orange	8 Roast Turkey with Gravy Stuffing Green Beans & Red Peppers Mixed Fruit Cup	9 Chicken Salad Cold Plate Carrot Raisin Salad Tomato Cucumber Salad Fresh Grapes Chocolate Milk	10 Breaded Fish Sandwich Coleslaw Capri Blend Vegetables Cinnamon Pears Chef's Choice Cookie
13 Lemon Parmesan Chicken Seasoned Wild Rice Italian Vegetables Fruited Yogurt Parfait	14 Breaded Pork Sweet potatoes Mixed Vegetables Pineapple	15 Salisbury Steak over Mashed Potatoes Brussel Sprouts Warm Peaches	16 BLT Sandwich Three Bean Salad Veggie Pasta Salad Fresh Watermelon	17 Chicken Cordon Bleu Casserole Broccoli & Red Peppers Harvard Beets Mixed Fruit Cup
20 Hot Meatball Sub Roasted Potatoes Carrots Fresh Apple Chocolate Milk	21 Creamy Tomato Soup Egg Salad Spinach Warm Garlic Bread Crackers Fresh Grapes	22 Chicken Sausage With Peppers, Onions & Mushrooms Baked Beans Capri Blend Vegetables Pears	23 Chef Salad with Turkey Potato Salad Fresh Melon Rye Bread Birthday Cake 	24 Pulled BBQ Chicken Sandwich Sweet Potatoes Broccoli Apricots
27 Chicken & Biscuits Diced Beets Brussels Sprouts Strawberries with Ice Cream	28 Baked Ham & Gravy Mashed Potatoes Green Beans Pineapple	29 Tuna Macaroni Salad Tomato Cucumber Salad Fruit Salad Cottage Cheese	30 Ziti Broccoli Tossed Salad Warm Applesauce	31 Cook's Choice!

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

Approved: 6/15/26

Amanda Woolnough MA, RDN, CDN