



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: 315-377-2041**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
	1 Sweet & Sour Chicken with Peppers & Onions Brown Rice Broccoli Pineapple Whole Wheat Bread	2 Beef Sloppy Joes w/ Whole Wheat Bun Herb Roasted Potatoes Brussel Sprouts Mandarin Oranges & Vanilla Pudding	3 Turkey & Stuffing Casserole Asparagus Tips Apple Crisp Chocolate Milk	4 Tuna Noodle Casserole Green Beans Roasted Beets Fresh Grapes Whole Wheat Bread
7  (Meal Sites & Office Closed)	8 Egg & Cheese Omelet Potatoes O'Brien Spinach Whole Grain Muffin 100% Orange Juice	9 Chicken Broccoli Bake Glazed Carrots Corn Whole Wheat Biscuit Fresh Melon	10 Meatloaf with Gravy Mashed Potatoes Broccoli Mixed Fruit Oatmeal Cookie	11 Macaroni & Cheese Stewed Tomatoes Italian Mixed Vegetables Peaches Whole Wheat Bread
14 Philly Cheese Steak w/ Whole Wheat Bun Sweet Potatoes Capri Blend Vegetables Pineapple	15 Chicken with Maple Mustard Glaze w/ Wild Rice Brussel Sprouts Fresh Baked Apples Whole Wheat Roll	16 Spaghetti & Meatballs Green Beans Warm Garlic Bread Fresh Plum Chocolate Milk	17 Turkey Salad Cold Plate Macaroni Salad Broccoli Salad Whole Wheat Sub Roll Berry Birthday Cake	18 Breaded Fish w/ Whole Wheat Bun Tator Tots Coleslaw Warm Cinnamon Pears
21 Parmesan Crusted Chicken Mashed Potatoes Asparagus Tips Mixed Fruit Whole Wheat Bread	22 Roast Pork Butternut Squash Peas & Mushrooms Apricots Whole Wheat Bread	23 Beef Stew Spinach Corn Bread Muffin Applesauce	24 Turkey Goulash Herb Roasted Carrots Broccoli Whole Wheat Bread Fresh Banana	25 Cook's Choice! Annual Fall Fest (Office Closed) 
28 Three Bean Chili Mixed Vegetables Whole Wheat Crackers Fresh Peach Crisp	29 Pulled BBQ Chicken w/ Whole Wheat Bun Sweet Potatoes Brussel Sprouts Granola Bar	30 Baked Ham w/ Gravy Mashed Potatoes Asparagus Tips Cottage Cheese and Mandarin Oranges		Whole Milk Offered Daily

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

Approved: 8/12/26

Amanda Woolnough MA, RDN, CDN