



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)
Milk Offered Daily			1 Egg Salad Cold Plate Potato Salad Broccoli & Bacon Salad Grapes Whole Wheat Bun	2 Vegetable Lasagna Green Beans Garlic Bread Melon Cook's Choice Cookie
5 Pulled Pork Sandwich Roasted Potatoes Brussel Sprouts Fresh Apple	6 Blueberry Pancakes Turkey Sausage Hashbrowns Cottage Cheese with Peaches <i>Lewis County Maple Syrup</i>	7 Sweet & Sour Meatballs Over Mashed Potatoes Zucchini Carrots Pears	8 Chicken with Mushroom Gravy over Wild Rice Spinach Mixed Berry Crisp Chocolate Milk	9 Creamy Tomato Soup Tuna Sandwich Mixed Vegetables Applesauce
12  HAPPY COLUMBUS DAY Office Closed	13 Breaded Fish Sandwich Roasted Potatoes Asparagus Pineapple	14 Chicken Pot Pie Green Beans Cauliflower Apricots Banana Bread 	15 Open Faced Hot Turkey Italian Vegetables Corn Fruited Yogurt Parfait	16 Macaroni and Cheese Stewed Tomatoes Broccoli Mixed Fruit Cup
19 Meatloaf with Gravy Mashed Potatoes Peas Mandarin Oranges Chocolate Milk	20 Cheddar Omelet Breakfast Potatoes Spinach 100% Orange Juice	21 Breaded Pork & Gravy Potato with Sour Cream Mixed Vegetables Grapes	22 Beef Stroganoff over Noodles Glazed Carrots Brussel Sprouts Cook's Choice Cake	23 Butternut Squash Soup Green Beans Corn Bread Cottage cheese & Peaches
26 Spaghetti with Meatballs Broccoli Breadstick Melon	27 Lemon Dill Fish Sweet Potatoes Asparagus Pears	28 Spanish Rice Black Beans Corn Apricots	29 Oktoberfest Meal! Sweet Sausage Salt Potatoes Cabbage Salad Hot Apple Dessert	30 Cook's Choice!

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

Approved: 9/14/26

Amanda Woolnough MA, RDN, CDN