

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**

NEW YORK STATE OF OPPORTUNITY. NY Connects Your Link to Long Term Services and Supports

LEWIS COUNTY NEW YORK OFFICE FOR THE AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
2 **Stuffed Peppers** Mashed Potatoes Carrots Apricots	3 **Breaded Fish Sandwich** Green Beans Coleslaw Apple Crisp	4 **Chicken with Peach Glaze** Sweet Potatoes Broccoli & Cauliflower Peaches Pudding	5 **Meatball Sub** Herb-Roasted Potatoes Italian Vegetables Banana Chocolate Milk	6 **Sweet & Sour Pork with Pineapple** Seasoned Brown Rice Mixed Vegetables Strawberry Applesauce
9 **Chicken & Biscuit** Winter Squash Corn Mixed Fruit Cup Oatmeal Raisin Cookie	10 **Salisbury Steak** Mashed Potatoes Brussel Sprouts Mandarin Oranges	11  ***Sites and Office Closed***	12 **Chicken Salad Cold Plate** Whole Wheat Roll Broccoli Salad Potato Salad Grapes	13 **Baked Fish Scandia** Herb-Roasted Potatoes Asparagus Pineapple
16 **Tuna Noodle Casserole** Peas Beets Mixed Fruit Cup Chocolate Milk	17 **Egg & Cheese Omelet** Home Fries Spinach Whole Grain Muffin Applesauce	18 **Spaghetti with Meatballs** Broccoli Breadstick Melon	19 **Thanksgiving Meal** **Turkey with Gravy** Stuffing, Cranberry sauce Green Beans Pumpkin Dessert Dinner Roll	20 **White Chicken Chili** Brussel Sprouts Corn Muffin Yogurt with Fruit
23 **Macaroni & Cheese** Stewed Tomatoes Broccoli Mandarin Oranges	24 **Hamburger with Bacon & Onions** Mashed Potatoes Glazed Carrots 100% Fruit juice Chocolate pudding	25 **Ham & Scalloped Potatoes** Corn Baked Apples	26  ***Sites and Office Closed***	27 **Cook's Choice!** ***Sites and Office Closed***
30 **Split Pea Soup** Egg Salad Sandwich Mixed Vegetables Peaches				**Milk Offered Daily**





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

Approved: 10/13/2026

Amanda Woolnough MA, RDN, CDN