



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)
Whole Milk Offered Daily	1 **Pulled Pork** Herb Roasted Potatoes Broccoli Mandarin Oranges Chocolate Milk	2 **Open Face Turkey Sandwich** Mashed Potatoes Green Beans Pineapple	3 **Beef Sloppy Joe** Whole Wheat Bun Brussel Sprouts Harvard Beets Mixed Fruit	4 **Pork Tenderloin** Mashed Sweet Potatoes Asparagus Applesauce Chocolate Chip Cookie
7 **Chicken with Maple Mustard Glaze** Seasoned Rice Peas & Carrots Apricots	8 **Egg & Vegetable Strata** Potatoes O'Brien Spinach 100% Orange Juice Whole Grain Muffin	9 **Goulash** Italian Blend Vegetables Breadstick Strawberry Applesauce	10 **Turkey Salad Cold Plate** Macaroni Salad Broccoli Salad Grapes Birthday Cake Whole Wheat Roll	11 **Chili** Corn Muffin Green Beans Banana
14 **Meatloaf** Mashed Potatoes & Gravy Broccoli & Cauliflower Mixed Fruit	15 **BBQ Chicken** Butternut Squash Brussel Sprouts Fruited Yogurt	16 **Lemon Dill Fish** Over Brown Rice Asparagus Pear Crisp Chocolate Milk	17 **Holiday Meal!** Beef Tips with Mashed Potatoes Green Beans & Baby Carrots Whole Wheat Dinner Roll Cheesecake with Cherry Topping	18 **Cook's Choice Soup** Egg Salad Sandwich Capri Blend Vegetables Warm Peaches
21 **Chicken Pot Pie** Spinach Honey Glazed Carrots Pineapple	22 **Hot Meatball Sub** Herb Roasted Potatoes Mixed Vegetables Mandarin Oranges	23 **Baked Ham & Gravy** Mashed Potatoes Green Beans Banana	24 **Cook's Choice!** **Meal Sites Closed;** **Office closes at 12:30pm**	25  **Meal Sites & Office Closed!**
28 **Macaroni & Cheese** Stewed Tomatoes Broccoli Apricots	29 **Crispy Fish** Sweet Potato Fries Green Beans Grapes	30 **Chicken Cordon Bleu** Mashed Potatoes Peas Cinnamon Applesauce	31 **Italian Sausage on a Roll** With Onions & Peppers Italian Blend Vegetables Peach Crisp	



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

Approved: 11/10/26

Amanda Woolnough MA, RDN, CDN