

Monday

2018

Tuesday

Wednesday

Thursday

Friday



**1**  
Spaghetti w/Meatballs  
Tossed Salad  
Apple Sauce  
Italian Bread




**2**  
Roast Pork w/ Onion Gravy  
Apple Celery Stuffing  
Roasted Root Veggies  
Gingerbread Cookie  
Dinner Roll

**5**  
Salisbury Steak  
Egg Noodles  
Scandinavian Blend Vegetables  
Fruit Cocktail  
White/Wheat

**6**  
Chicken Pot Pie  
Cauliflower  
Green Beans  
Pumpkin Custard  
White/Wheat

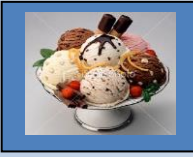
**7**  
Classic Stuffed Peppers  
Glazed Carrots  
Citrus Salad  
Sugar Cookie  
White/Wheat



**8**  
BBQ Pulled Beef  
Potatoes O'Brien  
Buttery Beets  
Pistachio Pudding  
White/Wheat

**9**  
Hot Turkey Sandwich w/ Gravy  
Mom's Mashed Potatoes  
Classic Mixed Vegetable  
Plump Peaches  
White/Wheat

**12**  
Classic Cheeseburger  
Sliced Carrots  
Diced Pears  
Ice Cream  
Bun



**13**  
Ham & Scalloped Potatoes  
California Blend Vegetables  
Green Peas  
Blueberry Cobbler  
Dinner Roll

**14**  
Rosemary Roasted Chicken  
Classic Stuffing  
Buttery Peas & Onions  
Apricots  
White/Wheat


**15**  
Chicken Tenders  
Chef Salad  
Home style Mac Salad  
Banana  
BBQ Sauce

**16**  
Tuna Sandwich  
Sautéed Spinach  
Soup  
Chocolate Cookies  
White/Wheat



**19**  
Texas Style Chili  
Honey Cornbread  
Mixed Veggies  
Mandarin Oranges

**20**  
Baked Ziti w/ Meatballs  
Tossed Salad  
Garlic Green Beans  
Apple Crisp  
White/Wheat



**21**  
Oven Fried Chicken  
Collard Greens  
Potato Wedges  
Plump Peaches  
Soft Roll



**22**  
Pot Roast  
Mashed Potatoes w/ Gravy  
Broccoli  
Chocolate Oreo Pudding  
White/Wheat

**23**  
Fish Sandwich w/ Tartar  
Tossed Salad  
Sweet Potato Fries  
Fruit Cocktail  
White/Wheat

**26**  
Sweet & Sour Chicken  
White Rice  
Oriental Blend Vegetables  
Fresh Orange  
White/Wheat

**27**  
Baked Mac & Cheese  
Stewed Tomatoes  
Mixed Vegetables  
Sugar Cookie  
White/Wheat

**28**  
Hearty Beef Stew  
Brown Rice  
Carrot Coins  
Cherry Cobbler  
White/Wheat

**29**  
Honey Baked Ham  
Buttered Sweet Potato Whip  
Winter Blend Vegetables  
Banana  
Dinner Roll

**30 HOT BREAKFAST**  
Fish Sandwich  
French Fries  
Coleslaw  
Rainbow Sherbet



"Supported by funds from: The Administration on Aging, NYS Office for Aging, Onondaga County Office for Adult and Long Term Care Services, United Way of Central New York, The Salvation Army Contribution."