


# January 2024

Monthly Menu is subject to  
Change without Notice.  
*Debbie Zampetti, RD*  
1% Milk Served Daily.

RD Signature 

Chenango County Area Agency on Aging 607-337-1770

The Suggested Contribution is \$3.50 per Meal:

Any Contribution you wish to make is voluntary and will be used to support the program.

Anyone who does not contribute will not be denied a meal.

For your convenience, a self-addressed envelope is provided each month for the home delivered meal participants.

Home Delivered Meals on Weekends are a variety of 'Pot Luck' Meals.

Frozen Home Delivered Meals for the Weekends are sent during the week.

All Senior Centers Are Closed on Specified Holidays and all Weekends.

- If you have food allergy, please notify us

WHOLE WHEAT BREAD PRODUCT PROVIDED DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 CLOSED</b>  <b>Happy New Years!</b>	<b>2 Meatball Sub</b> Cauliflower 3 Bean Salad Peaches	<b>3 Spanish Rice</b> Glazed Carrots Warm Applesauce Grapes	<b>4 Chicken Divan</b> Rice Pilaf Green Beans Gingerbread w/ Topping <b>McDonough Eve Dine</b>	<b>5 Meatloaf w/ Gravy</b> Baked Potato w/ Sour Cream Cream Style Corn Apple Cobbler <b>South Otselic Eve Dine</b>
<b>8 Macaroni &amp; Cheese</b> Stewed Tomatoes Oregon Vegetable Blend Sherbet	<b>9 Lemon Pepper Fish</b> Wild Rice Brussel Sprouts Fresh Orange	<b>10 Chicken Fettucine Alfredo</b> Cauliflower & Broccoli Tossed Salad w/ Dressing Fruit Cocktail	<b>11 Hearty Chili</b> Italian Vegetable Blend Corn Bread Peach Crisp	<b>12 Stuffed Cabbage</b> Buttered Carrots Warm Spiced Fruit Sugar Cookies
<b>15 CLOSED</b>  <b>Marin Luther King, Jr Day!</b>	<b>16 Baked Herbed Chicken</b> Bread Stuffing Butternut Squash Fresh Apple	<b>17 Creamed Chipped Beef</b> <b>Gravy</b> Mashed Potatoes Peas & Carrots Banana	<b>18 Salisbury Steak w/</b> <b>Mushroom Gravy</b> Buttered Noodles Scandinavian Blend Pear Blush <b>McDonough Eve Dine</b>	<b>19 Ham Dinner</b> Potato, Carrots, Cabbage Angel Food Cake w/ Strawberries  <b>South Otselic Eve Dine</b>
<b>22 Baked Ziti w/ Meatballs</b> <b>&amp; Sauce</b> Buttered Spinach 12 Grain Bread Chocolate Mousse	<b>23 Sloppy Joe on Bun</b> Oven Roasted Potatoes California Vegetable Blend Mandarin Oranges	<b>24 Chicken Salad on Croissant</b> Cream of Broccoli Soup (Sites) Bean & Couscous Salad (HDM's) Pickled Beets Fresh Pear	<b>25 Pork Chop w/ Gravy</b> Mashed Sweet Potato Prince William Blend Oatmeal & Raisin Cookie	<b>26 Vegetable Lasagna</b> Capri Vegetable Blend Spinach Salad WW Dinner Roll Pineapple Tidbits
<b>29 Chicken &amp; Biscuit</b> Mashed Potato Broccoli Fig Bars	<b>30 Ham &amp; Swiss on Rye</b> Homestyle Chicken Noodle Soup (SITES) Pickled Beets (HDM's) Broccoli Salad Lemon Delight	<b>31 Philly Cheese Steak</b> Wax Beans Grape Juice Rice Pudding w/ Raisins	