


# HERKIMER COUNTY OFFICE FOR THE AGING

May 2026

|    | If you are NOT going to be home for a meal, please call the office at 867-1204 at least a day in |   |  | *Meals Served with Milk and Bread Daily<br><br>**Meals are Subject to Change                  |    | ***Congregate Sites are staffed<br>10:30am-1pm<br>Meal served at approx. 11:30am            |    | 1<br><br>Fish on a Bun<br>O'Brien Potatoes<br>Spinach<br>Applesauce                     |
|----|--|---|--|---|----|---|----|---|
| 4  | BBQ Chicken<br>Baked Beans<br>Coleslaw<br>Fresh Fruit  | 5<br><br>Spanish Rice<br>Corn<br>Wax Beans<br>Frosted Birthday Cake               | 6<br> | Tuna Salad Cold Plate<br>Potato Salad<br>Marinated Broccoli Salad<br>Kaiser Roll<br>Pineapple | 7  | Roast Turkey with Gravy<br>Stuffing<br>Squash<br>Tropical Fruit                             | 8  | Yankee Pot Roast<br>Boiled Potatoes<br>Dill Carrots<br>Banana Bread                     |
| 11 | Salisbury Steak<br>Rice Pilaf<br>Country Blend Vegetables<br>Mandarin Oranges                    | 12<br><br>Ham and Scalloped Potatoes<br>Cauliflower<br>Fruit Cocktail             | 13   | Macaroni and Cheese<br>Green Beans<br>Stewed Tomatoes<br>Fresh Berries                        | 14 | Pepper Pineapple Pork<br>Rice<br>Japanese Blend Vegetables<br>Fresh Fruit                   | 15 | Lasagna<br>Tossed Salad<br>Italian Blend Vegetables<br>Garlic Roll<br>Brownie           |
| 18 | Beef Normandy<br>Garlic Mashed Potatoes<br>Green Beans<br>Fresh Fruit                            | 19<br><br>Chicken Marsala<br>Rotini in Sauce<br>Italian Blend Vegetables<br>Pears | 20   | Roast Pork Dinner<br>Sweet Potatoes<br>Sonoma Blend Vegetables<br>Melon                       | 21 | Ham and Cheese Cold Plate<br>Carrot Raisin Salad<br>Pasta Salad<br>Kaiser Roll<br>Pineapple | 22 | Sweet Sausage with Peppers and Onions<br>Warm Three Bean Salad<br>Coleslaw<br>Ice Cream |
| 25 | <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>  | 26<br><br>Turkey Divan in Broccoli Sauce<br>Egg Noodles<br>Peas<br>Tropical Fruit | 27   | Omelet<br>Oven Roasted Potatoes<br>Muffin<br>Fruit Cup  | 28 | Chicken and Biscuits<br>Mashed Potatoes<br>Red Cabbage<br>Cookie                            | 29 | Roast Beef and Cheddar Cold Plate<br>Coleslaw<br>Macaroni Salad<br>Roll<br>Fresh Fruit  |

\*Allergy Alert: Meals are prepared in a facility that uses eggs, tree nuts, peanuts, dairy, fish, shell fish, soy and wheat products\*

**\*\*Meals should be eaten upon delivery or immediately refrigerated. To reheat microwave for 2-3 mins. in microwave safe container.**

Menus have been certified by a Registered Dietitian that each menu meets 1/3 of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans

Shannon Davis, RD