


HERKIMER COUNTY OFFICE FOR THE AGING

July 2026

	If you are NOT going to be home for a meal, please call the office at 867-1204 at least a day in advance		*Meals Served with Milk and Bread Daily **Meals are Subject to Change	1	Omelet Sausage Hash Browns Muffin Fruit Cup	2	BBQ Beef Baked Beans Brussels Sprouts Ice Cream	3	Closed in Observation of July 4th
6	Macaroni and Cheese Green Beans Stewed Tomatoes Frosted Birthday Cake	7 	Chicken and Biscuits Mashed Potatoes Country Blend Vegetables Fresh Fruit	8	Roast Pork Stuffing Brussels Sprouts Pineapple	9	Turkey Cold Plate Macaroni Salad Marinated Broccoli Salad Chef's Choice Dessert	10	Baked Fish Au Gratin Potatoes Spinach Pears
13	Salisbury Steak Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges	14	Tuna Salad Cold Plate Potato Salad Three Bean Salad Berries	15	Meatloaf Rice Pilaf Pacific Blend Vegetables Banana Bread	16	Roast Turkey Mashed Potatoes Red Cabbage Fruited Gelatin	17	Salisbury Steak Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges
20	Pork Chops Stuffing Garlic Spinach Fresh Fruit	21	Lasagna Tossed Salad Italian Blend Vegetables Garlic Roll Pears	22	Egg Salad Cold Plate Coleslaw Pasta Salad Fruit Cobbler	23	Chicken and Wild Rice Casserole Cauliflower Brussels Sprouts Fruit Cocktail	24	Beef Stew Wax Beans Biscuit Ice Cream
27	Chicken Cacciatore Rotini in Sauce Lima Beans Peaches ***Congregate Sites are staffed 10:30-1pm. Meals are served at approx. 11:30am	28	Ham and Cheese Pasta Salad Carrot Raisin Salad Cottage Cheese Pineapple	29	Philly Cheeseburger Warm Three Bean Salad Squash Fruited Gelatin	30	Chicken a la King Mashed Potatoes Red Cabbage Pudding	31	Pulled Pork Sandwich Baked Beans Green Beans 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