

HERKIMER COUNTY OFFICE FOR THE AGING

October 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		***Congregate Sites are staffed 10:30am-1pm Meal served at approx. 11:30am	1	Ham with Mustard Sauce Scalloped Potatoes Peas and Carrots Applesauce	2	Sausage Omelet Oven Roasted Potatoes Pumpkin Muffin Fruit Cup
5	Cream of Broccoli Soup Egg Salad Sandwich Zucchini Fresh Fruit	6 	Macaroni and Cheese Green Beans Stewed Tomatoes Spiced Apple Cake	7	Chicken And Biscuits Mashed Potatoes Country Blend Vegetables Chef's Choice Dessert	8	Roast Pork Seasoned Rice Brussel Sprouts Pineapple	9	Yankee Pot Roast Boiled Potatoes Carrots Apple Crisp
12	Closed	13	Chili Cauliflower Corn Bread Tropical Fruit	14	Chicken with Gravy Stuffing Peas Cookie	15	Meatloaf Rice Pilaf Pacific Blend Vegetables Pumpkin Bread	16	Roast Turkey Sweet Potatoes Red Cabbage Fruited Gelatin
19	Baked Fish Au Gratin Potatoes Spinach Pears	20	Salisbury Steak Seasoned Potatoes Sonoma Blend Vegetables Mandarin Oranges	21	Tuna Noodle Casserole Warm Three Bean Salad Peas Applesauce	22	Chicken a la King Mashed Potatoes Beets Pudding	23	Lasagna Tossed Salad Italian Blend Vegetables Garlic Roll Brownie
26	Chicken and Wild Rice Casserole Cauliflower Brussel Sprouts Fruit Cocktail	27	Beef Stew Wax Beans Biscuit Ice Cream	28	Chicken Cacciatore Rotini in Sauce Lima Beans Peaches		Cream of Vegetable Soup Turkey Sandwich Broccoli Fresh Fruit		BBQ Beef on a Bun Baked Beans Winter Vegetables Fruited Gelatin

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