


OGDEN SENIOR CENTER

NUTRITIONAL MENU

November-17

MONDAY	WEDNESDAY	FRIDAY
	<p style="text-align: right;">1</p> Vegetable Lasagna Tossed Salad w/Ranch Dressing Italian Blend Vegetables Italian Bread Fresh Orange	<p style="text-align: right;">3</p> Rosemary Pork Warm Applesauce Mashed Potatoes & Gravy Brussel Sprouts Rye Bread Chocolate Pudding
<p style="text-align: right;">6</p> Spinach Quiche Beef Barley Vegetable Soup Green Beans Wheat Bread Pineapple Grape Juice	<p style="text-align: right;">8</p> <i>Individual Meat Loaf *</i> Mashed Winter Squash Broccoli Crusty Roll Pears	<p style="text-align: right;">10</p> Veggie Meatballs Pasta & Sauce Tossed Salad w/Italian Dressing Tuscany Blend Vegetables Breadstick Fresh Orange
<p style="text-align: right;">13</p> Breaded Haddock w/Tartar Coleslaw w/o Pineapple Peas Wheat Bread Apricots	<p style="text-align: right;">15</p> Sweet & Sour Pork on Brown Rice Oriental Blend Vegetables Spinach 12-Grain Bread Peaches	<p style="text-align: right;">17</p> <i>Thanksgiving Meal</i> Roast Chicken Breast w/Cranberry Sauce Mashed Potatoes w/Gravy & Dressing Green Beans Almandine Dinner Roll Pumpkin Pie w/Whipped Topping
<p style="text-align: right;">20</p> Sloppy Joe on Bun Mixed Vegetables Cauliflower Fruit Cocktail	<p style="text-align: right;">22</p> Macaroni and Cheese Stewed Tomatoes Broccoli 12-Grain Bread Fresh Apple <p style="text-align: center;">30 cupcakes</p>	<p style="text-align: right;">24</p> <p>ABVI CLOSED NO MEALS SERVED</p>
<p style="text-align: right;">27</p> BBQ Pork Riblet on Bun Minestrone Brussel Sprouts Pears	<p style="text-align: right;">29</p> Seafood Stuffed Sole Coleslaw w/o Pineapple Beets Wheat Bread Fruit Cocktail	<p><i>All meals served with milk, bread, and margarine. Soup served with crackers.</i></p>

* updated 10/5/17

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.