



Lewis County Office for the Aging Nutrition Program

Suggested Contribution: \$4.00/over 60 ~ Guest Fee: \$11.00/under 60

contributions can be made via our website, cash, check or SNAP benefits

Dining Sites located in Copenhagen, Croghan, Harrisville, Lowville & Lyons Falls

To reserve a meal, or make changes to your Home Delivered Meals,
please call our **Meal Line at 315-377-2041**



NY Connects
Your Link to Long Term
Services and Supports



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
2 Stuffed Peppers Mashed Potatoes Carrots Apricots	3 Breaded Fish Sandwich Green Beans Coleslaw Apple Crisp	4 Chicken with Peach Glaze Sweet Potatoes Broccoli & Cauliflower Peaches Pudding	5 Meatball Sub Herb-Roasted Potatoes Italian Vegetables Banana Chocolate Milk	6 Sweet & Sour Pork with Pineapple Seasoned Brown Rice Mixed Vegetables Strawberry Applesauce
9 Chicken & Biscuit Winter Squash Corn Mixed Fruit Cup Oatmeal Raisin Cookie	10 Salisbury Steak Mashed Potatoes Brussel Sprouts Mandarin Oranges	11  <i>Sites and Office Closed</i>	12 Chicken Salad Cold Plate Whole Wheat Roll Broccoli Salad Potato Salad Grapes	13 Baked Fish Scandia Herb-Roasted Potatoes Asparagus Pineapple
16 Tuna Noodle Casserole Peas Beets Mixed Fruit Cup Chocolate Milk	17 Egg & Cheese Omelet Home Fries Spinach Whole Grain Muffin Applesauce	18 Spaghetti with Meatballs Broccoli Breadstick Melon	19 Thanksgiving Meal Turkey with Gravy Stuffing, Cranberry sauce Green Beans Pumpkin Dessert Dinner Roll	20 White Chicken Chili Brussel Sprouts Corn Muffin Yogurt with Fruit
23 Macaroni & Cheese Stewed Tomatoes Broccoli Mandarin Oranges	24 Hamburger with Bacon & Onions Mashed Potatoes Glazed Carrots 100% Fruit juice Chocolate pudding	25 Ham & Scalloped Potatoes Corn Baked Apples	26  <i>Sites and Office Closed</i>	27 Cook's Choice! <i>Sites and Office Closed</i>
30 Split Pea Soup Egg Salad Sandwich Mixed Vegetables Peaches				Milk Offered Daily

***Menu is subject to change without notice**

Approved: 10/13/2026

Amanda Woolnough MA, RDN, CDN