Oneida County Office for the Aging
Nutrition Program for the Elderly

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **CLOSED** HAPPY NEW YEAR	3 Salisbury Steak with Gravy Whipped Potatoes Red Cabbage Whole Wheat Bread Butterscotch Pudding with Topping*	4 Chicken ala King Mixed Vegetables Warm Biscuit Juice Apricots	5 Sliced Ham with Fruit Sauce Au Gratin Potatoes Diced Carrots Rye Bread Apple/Cranberry Cobbler with Topping*	6 Macaroni and Cheese Stewed Tomatoes Seasoned Spinach Whole Wheat Bread Fruit Cocktail
9 Swedish Meatballs Buttered Noodles Brussels Sprouts Whole Wheat Bread Chunky Applesauce	10 **Winter BBQ** BBQ Chicken Leg Warm German Potato Salad Zucchini/Yellow Squash Whole Wheat Bread Iced Orange Cake *	11 Sliced Roast Beef with Gravy Mashed Potatoes Scandinavian Blend Vegetables Rye Bread Rice Pudding with Topping*	12 Rib-B-Que Baked Potato Peas Italian Bread Peach Crisp	13 Goulash Cut Green Beans Warm Garlic Bread Fruit Juice Fruit Cup
16 **CLOSED** MARTIN LUTHER KING DAY	17 Meatloaf with Gravy Mashed Potatoes Harvard Beets Rye Bread Ice Cream*	18 Liver with Fiesta Sauce Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Sugar Cookie*	19 Sliced Pork with Gravy Sweet Potatoes Winter Blend Vegetables Fancy Dinner Roll Cinnamon Pears	20 Tuna Noodle Casserole Sliced Dill Carrots Peas Whole Wheat Bread Apricots
23 Meatballs with Sauce Pasta with Sauce Seasoned Greens Italian Bread Fresh Orange	24 Kielbasa w/ Cabbage Fresh Boiled Potatoes in Jacket Rye Bread Lemon Pudding*	25 **Happy Birthday** Sliced Turkey with Gravy Cranberry Sauce Mashed Potatoes Harvard Beets Dinner Roll Birthday Cake*	26 Beef Stroganoff Egg Noodles Italian Blend Vegetables Italian Bread Pineapple Tidbits	27 Oven Brown Fish O'Brien Potatoes Tomato/Zucchini Casserole Whole Wheat Roll Apricots
30 Oven Roasted Chicken Stuffing Brussels Sprouts Whole Wheat Bread Chocolate Pudding*	31 Beef Stew Broccoli/Cauliflower Blend Warm Biscuit Fruit Cup with Strawberries		Nutrition Facts Average Per Meal — %Daily Value* Value Calories 723 Total Fat 23g — 33% Cholesterol 113mg — 32% Sodium 694mg — 31% Total Carbohydrate 87g — 32% Dietary Fiber 7g — 30% Protein 40g * Daily Values are based on a 2,000 calorie diet	