

HERKIMER COUNTY OFFICE FOR THE AGING

September 2026

	If you are NOT going to be home for a meal, please call the office at 867-1204 at least a day in	1	Swedish Meatballs Egg Noodles Country Blend Vegetables Pears	2	Tuna Salad Cold Plate Coleslaw Carrot Raisin Salad Fresh Fruit	3	Roast Pork Sweet Potatoes Lima Beans Frosted Birthday Cake	4	Macaroni and Cheese Green Beans Stewed Tomatoes and Zucchini Fruit Cocktail
7	Closed for Labor Day	8	Chicken Salad Cold Plate Marinated Beets Salad Macaroni Salad Mandarin Oranges	9	Roast Turkey with Gravy Stuffing Corn Banana Bread	10	Chicken and Wild Rice Casserole Green Beans Japanese Blend Vegetables Peaches	11	Lasagna Tossed Salad Garlic Knot Cookie
14	Salisbury Steak Rice Pilaf Country Blend Vegetables Pineapple	15	Lemon Chicken Mashed Potatoes Squash Tropical Fruit	16	Ham and Cheese Cold Plate Potato Salad Broccoli Salad Banana	17	Pork and Mushroom Stew Noodles Peas Brownie	18	Cheese Omelet Sausage Patty Roasted Potatoes Muffin Fruit Cup
21	Sweet Sausage with Peppers and Onions Warm Three Bean Salad Coleslaw Orange	22	Ziti with Meatballs Italian Blend Vegetables Garlic Bread Pudding	23	Baked Chicken Seasoned Roasted Potatoes Carrots Ice Cream	24	Turkey Stew Wax Beans Biscuit Chef's Choice Fruit	25	Fish on a Bun Oven Roasted Potatoes Spinach Pears
28	Chicken Cacciatore Rotini in Sauce Italian Blend Vegetables Garlic Roll Fresh Fruit	29	Turkey Divan Egg Noodles Carrots Cookie	30	Stuffed Peppers Green Beans Cauliflower Fruit Cocktail		**Meals are Subject to Change *Meals Served with Milk and Bread Daily		***Congregate Sites are staffed 10:30am-1pm Meal served at approx. 11:30am



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