




HERKIMER COUNTY OFFICE FOR THE AGING

January 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		2	Omelet Hash Browns Sausage Muffin Fruit Cup
5	Cream of Broccoli Soup Zucchini Egg Salad Sandwich Fresh Fruit	6	Macaroni and Cheese Green Beans Stewed Tomatoes Frosted Birthday Cake	7 	Chicken and Biscuits Mashed Potatoes Country Blend Vegetables Fresh Fruit	8	Roast Pork Stuffing Brussels Sprouts Pineapple	9	Yankee Pot Roast Boiled Potatoes Carrots Apple Crisp
12	Baked Fish Au Gratin Potatoes Spinach Pears	13	Chili Cauliflower Corn Bread Tropical Fruit	14	Chicken with Gravy Stuffing Peas Cookie	15	Meatloaf Rice Pilaf Pacific Blend Vegetables Banana Bread	16	Roast Turkey Mashed Potatoes Red Cabbage Fruited Gelatin
19	CLOSED FOR MARTIN LUTHER KING JR DAY 	20	Salisbury Steak Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges	21	Pork Chops Stuffing Garlic Spinach Fresh Fruit	22	Lasagna Tossed Salad Italian Blend Vegetables Garlic Roll Pears	23	Tuna Noodle Casserole Beets Green Beans Brownie
26	Chicken and Wild Rice Casserole Cauliflower Brussels Sprouts Fruit Cocktail	27	Beef Stew Wax Beans Biscuit Ice Cream	28	Chicken Cacciatore Rotini in Sauce Lima Beans Peaches	29	Cream of Vegetable Soup Turkey Sandwich Broccoli Fresh Fruit	30	Philly Cheeseburger Warm Three Bean Salad Squash 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