

HERKIMER COUNTY OFFICE FOR THE AGING

March 2026

2	Swedish Meatballs Egg Noodles Country Blend Vegetables Pears	3	Chicken and Biscuits Mashed Potatoes Peas Apple	4	Pork Chops Sweet Potatoes Lima Beans Frosted Birthday Cake	5	Cream of Broccoli Soup Tuna Sandwich Wax Beans Fresh Fruit	6	Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Fruit Cocktail
9	Beef Stew Red Cabbage Brussels Sprouts Biscuit Peaches	10	Philly Cheeseburger German Potato Salad Squash Fruited Gelatin	11	Chicken Stir Fry Over Rice Japanese Blend Vegetables Cookie	12	Roast Turkey with Gravy Stuffing Corn Mandarin Oranges	13	Lasagna Tossed Salad Garlic Knot Banana
16	Coconut Curry Chicken Egg Noodles Broccoli Tropical Fruit	17	Corned Beef Boiled Potatoes Boiled Carrots Shamrock Cookie	18	Ham and Scalloped Potatoes Sonoma Blend Vegetables Pears	19	Roast Pork Dinner Stuffing Peas and Carrots Brownie	20	Cheese Omelet Hash Browns Corn Muffin Fruit Cup
23	Sweet Sausage on a Roll Three Bean Salad Coleslaw Cookie	24	Ziti with Meatballs Italian Blend Vegetables Garlic Bread Orange	25	Pot Roast Potatoes Carrots Ice Cream	26	Chicken and Wild Rice Casserole Green Beans Beets Fresh Fruit	27	Fish on a Bun Seasoned Rice Spinach Chef's Choice Dessert
30	Loaded Baked Potato Soup Turkey Sandwich Wax Beans Fresh Fruit	31	Pork and Mushroom Stew Broccoli Corn Bread Fruit Cocktail			*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	
If you are NOT going to be home for a meal, please call the office at 867-1204 at least a day in advance									

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