

HERKIMER COUNTY OFFICE FOR THE AGING

August 2026

3	Salisbury Steak Rice Pilaf Country Blend Vegetables Mandarin Oranges	4	Turkey Divan over Egg Noodles Peas Birthday Cake	5		6	Chicken and Biscuits Mashed Potatoes Lima Beans Fresh Fruit	7	Egg Bake with Sausage Muffin Roasted Potatoes Fruit Cup	7	Chicken Salad Cold Plate Cucumber Tomato Salad Corn Salad Kaiser Roll Strawberries
10	BBQ Chicken Baked Beans Cauliflower Fresh Fruit	11	Spanish Rice Corn Wax Beans Pineapple	12	Tuna Salad Cold Plate Carrot Raisin Salad Three Bean Salad Wheat Bread Cookie	13	Roast Turkey with Gravy Stuffing Squash Tropical Fruit	14	Swedish Meatballs Egg Noodles Brussels Sprouts Pears		
17	Cheeseburger Deluxe O'Brien Potatoes Broccoli Peaches	18	Turkey Cold Plate Potato Salad Coleslaw Kaiser Roll Watermelon	19	Macaroni and Cheese Green Beans Stewed Tomatoes Cinnamon Cake	20	Wild Rice and Chicken Casserole Beets Zucchini Fresh Fruit	21	Lasagna Tossed Salad Garlic Roll Zucchini Bread		
24	Chicken Marsala Rotini in Sauce Italian Blend Vegetables Jello	25	Egg Salad Cold Plate Cottage Cheese Broccoli Salad Wheat Bread 1 Fresh Fruit	26	Roast Pork Dinner Sweet Potatoes Sonoma Blend Vegetables Mandarin Oranges	27	Sweet Sausage with Peppers and Onions Warm Three Bean Salad Coleslaw Ice Cream	28	Fish on a Bun O'Brien Potatoes Spinach Applesauce		
31	Cheesy Ham and Rice Casserole Beets Cauliflower Pears		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		

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