

 **July 2026** 

Madison County Office for the Aging – Senior Nutrition Program

SNACK - Senior Nutrition and County Kitchen

315-697-5700

Suggested Meal Contribution is **\$3.50**

Actual Meal Cost is \$9.25

If you have a food allergy, please notify us and
allergen information is available for prepared food items.

Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk Served Daily Menu Subject to Change Approved by: Jessica Garay, PhD, RD, CDN		1 Cheeseburger on a WW Bun Coleslaw Sweet Peas Applesauce	2 Chicken Pot Pie Broccoli Tossed Salad Pineapple Tidbits Red, White & Blue Cake	CLOSED
6 BBQ Chicken Breast Baked Beans Spinach Salad Spiced Pears	7 Fish on Bun w/ Tartar Sauce Coleslaw Broccoli Lemon Lime Poke Cake	8 Summer Corn Corder Tuna Fish Sandwich Asparagus Blueberry Oatmeal Crumb Bar	9 Taco Nachos (Seasoned Beef, Refried Beans & Rice) Lettuce, Tomato Salsa, Tortilla Chips Mexican Street Corn Cantaloupe	10 Fruit/Cottage Chz Plate Fresh Fruit, Cottage Cheese Hard Boiled Egg, WW Roll Apple Crisp
13 Baked Glazed Ham Sweet Potatoes Marinated Veggie Salad Peaches WW Bread	14 Baked Chicken Parmesan Pasta w/sauce Broccoli Salad Mandarin Oranges	15 Beefy Chili Mixed Veggies Corn Bread Rosey Pears	16 Chicken Spaghetti Casserole California Blend Veggie WW Bread Apple Slices	17 Soup and Sandwich Broccoli Cheddar Soup ½ Turkey and Cheese Sand w/ L&T Capri Blend Veggie Banana
20 Lemon Garlic Chicken Lemon Orzo Greek Cucumber & Tomato Salad Strawberries & Grapes	21 Glazed Pork Loaf Potato Salad Green Beans Berry Crisp WW Bread	22 Shepard's Pie Tossed Salad California Blend Veggie Applesauce WW Bread	23 French Toast Casserole Turkey Breakfast Sausage Fruited Yogurt Warm Cinnamon Applesauce	24 Cold Plate Chef's Salad w/ Chicken, Cheddar Cheese Macaroni Salad 3 Bean Salad Fresh Fruit
27 Baked Ham Au Gratin Potatoes Herb Roasted Carrots Pineapple Tidbits WW Bread	28 Trio Cold Plate: Ham Salad, Chicken Salad & Cottage Cheese WW Dinner Roll Cucumber Tomato Salad Peaches	29 Chicken Riggies Brussel Sprouts Tossed Salad Peaches	30 Shaved Beef with Peppers and Onions WW Bun Spinach Fruited Yogurt	31 Mexican Chicken Quesadilla Flour Tortilla Seasoned Black Beans Watermelon

