



October 2025



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: Carolyn Allen, MS, RD, CDN		1. Teriyaki Chicken Brown Rice Spinach Carrots Peanut Butter Cookie	2. Chicken & Biscuit Broccoli Tossed Salad Pineapple Tidbits	3. Sausage, Peppers & Onions WW Long Roll Tator Tots Apricots
6. Goulash Green Beans Pineapple Tidbits WG Roll	7. Baked Ham Au Gratin Potatoes Corn & Black Bean Salad Chocolate Chip Cookie	8. Philly Chicken with Mushrooms, Peppers, Onion & Cheese on a Bun Sweet Potato Wedges Pears Fig Bar	9. Soup and Sandwich Butternut Squash Soup ½ Turkey & Swiss Sandwich on Rye Mixed Veggie Warm Tropical Fruit	10. Pesto Chicken Buttered Bow Tie Pasta Stewed Tomatoes Tossed Salad Fresh Fruit (specify in season)
13. Office Closed Columbus Day	14. Salisbury Steak w/Gravy Mashed Potatoes Peas Fruited Yogurt WW Bread	15. Ham Dinner Cabbage & Carrots Potatoes Applesauce WW Bread	16. Macaroni and Cheese Stewed Tomatoes Tossed Salad Brownie w/ PB Frosting	17. Roast Turkey & Gravy WW Stuffing Butternut Squash Green Bean Salad Pumpkin Cookie
20. Cheese Ravioli Brussel Sprouts Tossed Salad Fruit Cup WW Bread	21. Cranberry Chicken Breast Oven Roasted Potatoes California Blend Veggie Oatmeal Raisin Cookie WW Bread	22. Hearty Beef Stew Wax Beans Biscuit Fresh Fruit (specify in season)	23. Kielbasa Casserole Creamed Corn Cookie Coleslaw	24. Baked Chicken Fillet Stuffing with Country Gravy Capri Blend Veggies Mixed Fruit Fig Bar
27. Chili Dog WW Bun California Blend Vegetable Banana	28. Breakfast for Dinner: Scramble Egg & Turkey Sausage Bake Potatoes O'Brien Hot Cinn Apple Slices Good Morning Muffin	29. Sweet & Sour Chicken over Rice Southwestern Blend Veggie Hot Asian Slaw Pears	30. Mexican Quesadilla Casserole Green Beans Berry Crisp	31. Vegetable Barley Soup Baked Chicken Ranch Sandwich (cold) Lettuce & Tomato (sites only) Asparagus Chocolate Cake

