

December 2025 Menu

Dutchess County Office for the Aging - Nutrition
114 Delafield St
Poughkeepsie NY 12601
845-486-2555 • dutchessny.gov/OFANutrition



All meals served with 1/2 pint of 1% milk • Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey Macaroni Casserole Diced Carrots Whole Wheat Bread Cookies	Chinese Pepper Steak Rice Oriental Vegetables Whole Wheat Bread Peaches	BBQ Rib Baked Beans Buttered Corn Whole Wheat Bread Pears	Chicken Nuggets Rice and Beans Mixed Vegetables Whole Wheat Bread Tropical Fruit	Cheese Omelet Hash Brown Broccoli Whole Wheat Bread Pudding
8	9	10	11	12
Baked Ham Steak Mashed Spiced Yam Green Beans Whole Wheat Bread Pineapple	Chicken Patty Black Beans and Rice Carrots Hamburger Bun Fruit Cocktail	Salisbury Steak Mashed Potatoes Brussels Sprouts Whole Wheat Bread Sliced Apples	Chicken Parmesan Pasta and Sauce Italian Mix Vegetable Whole Wheat Bread Jello	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Peaches
15	16	17	18	19
Kielbasa with Sauerkraut Hash Brown Scandinavian Vegetables Whole Wheat Bread Cookie	Chicken Marsala Mashed Potato Steamed Vegetable Whole Wheat Bread Pound Cake	Swedish Meatballs Buttered Noodles Green Beans Whole Wheat Bread Tropical Fruit	Roast Pork and Gravy Parslied Potatoes Green Peas Whole Wheat Bread Applesauce	Fish Sandwich Rice and Beans Mixed Vegetables Hamburger Roll Pudding
22	23	24	25 - Christmas Day	26
Hamburger on a Bun Baked Beans Buttered Corn Whole Wheat Bread Fruit Cocktail	Sweet and Sour Chicken with Mixed Vegetables Rice Whole Wheat Bread Pineapple	Meatloaf and Gravy Red Potatoes Broccoli Whole Wheat Bread Peaches	OFA Offices and Friendship Centers Closed	OFA Friendship Centers Closed OFA Offices Open
29	30	31	January 1 - New Year's Day	2
Chili and Cheese Rice Carrots Whole Wheat Bread Cookies	Chicken Stew with Mixed Vegetables Rice Whole Wheat Bread Pineapple	Stuffed Shells Green Beans Whole Wheat Bread Sliced Apples	OFA Offices and Friendship Centers Closed	Return to regular office and Friendship Center schedules

If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov