

August 2026 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
3	4	5	6	7
Sloppy Joe Rice Peas Whole Wheat Bread Cookies	Meatloaf and Gravy Mashed Potato Green Beans Whole Wheat Bread Peaches	Italian Meatballs Pasta and Sauce Italian Mixed Vegetables Whole Wheat Bread Fruit Cocktail	Ham Steak Mashed Sweet Potato Buttered Corn Whole Wheat Bread Pineapple Tidbits	Fish Square Rice and Beans Diced Carrots Whole Wheat Bread Mandarin Orange
10	11	12	13	14
Chicken Stew with Mixed Vegetables Red Potato Whole Wheat Bread Fruit Cocktail	Sliced Turkey and Gravy Whipped Potatoes Green Beans Whole Wheat Bread Apricots	Turkey Casserole Broccoli Whole Wheat Bread Pears	Cheese Omelet Hash Browns Mixed Vegetables Whole Wheat Bread Applesauce	Kielbasa Rice and Beans Brussels Sprouts Whole Wheat Bread Diced Pears
17	18	19	20	21
Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Apple Crisp	Salisbury Steak Red Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits	Chicken Nuggets Rice and Beans Diced Carrots Whole Wheat Bread Apricots	Swedish Meatballs Buttered Noodles Buttered Corn Whole Wheat Bread Peaches	Chicken Salad Pasta Salad Carrot and Raisin Salad Whole Wheat Bread Pudding
24	25	26	27	28
Chili and Cheese Rice California Vegetables Whole Wheat Bread Cookies	Roast Pork Mashed Potatoes Green Beans Whole Wheat Bread Applesauce	BBQ Rib Hash Brown Mixed Vegetables Whole Wheat Bread Tropical Fruit	Chicken Parmesan Pasta and Sauce Broccoli Whole Wheat Bread Pears	Hamburger Baked Beans Diced Carrots Hamburger Roll Pudding
31	<i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i>		OFA Office and Friendship Centers Closed Monday, September 7 (Labor Day)	
Stuffed Shells Mixed Vegetables Cookies Whole Wheat Bread				