

October 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
<i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i>			1	2
			Salisbury Steak Buttered Noodles Green Peas Cookies	Chicken, Fried Hash Brown Sliced Carrots Whole Wheat Bread Tropical Fruit
5	6	7	8	9
Baked Ham Steak Parslied Mashed Potatoes Buttered Corn Whole Wheat Bread Cookies	Chicken Stew with Mixed Vegetables Rice Whole Wheat Bread Sliced Peaches	Sweet and Sour Pork Buttered Noodles Brussels Sprouts Whole Wheat Bread Sliced Apples	Sloppy Joe Rice Corn Whole Wheat Bread Cookies	Stuffed Shells Marinara Sauce Broccoli Whole Wheat Bread Pudding
12 - Columbus Day	13	14	15	16
OFA Offices and Friendship Centers Closed	Turkey Macaroni Casserole Broccoli Whole Wheat Bread Cookie	Chicken and Gravy Mashed Potato Diced Carrots Whole Wheat Bread Tropical Fruit	BBQ Ribs Black Beans and Rice Buttered Corn Whole Wheat Bread Mandarin Orange	Cheese Omelet Hash Brown Mixed Vegetable Whole Wheat Bread Pears
19	20	21	22	23
Meatloaf and Gravy Whipped Potatoes Broccoli Whole Wheat Bread Jello	Chicken Parmesan Pasta in Sauce Italian Mix Vegetables Whole Wheat Bread Pears	Pork Roast and Gravy Parslied Potatoes Winter Mix Vegetables Whole Wheat Bread Applesauce	Oriental Chicken with Mixed Vegetables Rice Whole Wheat Bread Fruit Cocktail	Fish Sandwich Hash Brown Diced Carrots Whole Wheat Bread Sliced Apples
26	27	28	29	30
Swedish Meatballs Rice and Beans Scandinavian Vegetables Whole Wheat Bread Cookie	Chicken Marsala Buttered Noodles Capri Mix Vegetables Whole Wheat Bread Pudding	Sliced Turkey with Gravy Mashed Potato Broccoli Whole Wheat Bread Peaches	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Mandarin Oranges	Chili with Cheese Rice Carrots Vanilla Pudding