

November 2026 Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 - Election Day	4	5	6
Chicken a la King with Mixed Vegetables Rice Whole Wheat Bread Cookies	OFA Office and Friendship Centers Closed	Turkey Macaroni Casserole Scandinavian Mixed Vegetables Whole Wheat Bread Pears	Salisbury Steak with Gravy Red Potatoes Green Beans Whole Wheat Bread Peaches	Kielbasa Rice and Beans Diced Carrots Whole Wheat Bread Fruit Cocktail
9	10	11 - Veterans Day	12	13
BBQ Rib Baked Beans Buttered Corn Whole Wheat Bread Cookies	Baked Chicken Rice and Beans Peas Whole Wheat Bread Pineapple	OFA Office and Friendship Centers Closed	Roast Pork and Gravy Parslied Potatoes Brussels Sprouts Whole Wheat Roll Applesauce	Stuffed Shells Italian Mixed Vegetables Whole Wheat Bread Tropical Fruit
16	17	18	19	20
Chili and Cheese Rice Broccoli Whole Wheat Bread Cookies	Chicken Parmesan Pasta and Sauce Mixed Vegetables Whole Wheat Bread Peaches	Hamburger on a Roll Baked Beans Diced Carrots Pears	Turkey and Gravy Mashed Potato Green Beans Whole Wheat Bread Apple Crisp	Cheese Omelet Hash Brown California Mixed Vegetables Pudding
23	24	25	26 - Thanksgiving Day	27
Baked Ham Mashed Sweet Potato Buttered Corn Whole Wheat Bread Cookies	Meatloaf and Gravy Mashed Potatoes Green Peas Whole Wheat Bread Pineapple	Swedish Meatballs Parslied Rice Sweet Peas Whole Wheat Bread Peaches	OFA Office and Friendship Centers Closed	OFA Friendship Centers Closed (Office Open)
30	<i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i>			
Sloppy Joe with Rice Corn Whole Wheat Bread Cookies				

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

Sue Serino • County Executive



Todd N. Tancredi • Director, Office for the Aging