



Sponsors: Steuben County Office for the Aging
Yates County Office of the Aging
New York State Office for the Aging
The Administration on Aging

Yates Home Delivered Meals

October 2026

Call Senior Nutrition
315-536-6038

*Menus & Activities are subject to change

MON

TUE

WED

THU

FRI

Meal Contributions

- Suggested voluntary contributions are very important to maintain the program \$4.00 suggested contribution for seniors 60+
- We gladly accept Credit or Debit cards Food Stamps cash, or checks
- Credit or debit card donations can be made at proactioninc.org

Substitute Meals:

A. Mac & Cheese w/Stewed Tomatoes

B. Chicken w/Gravy, Mashed Potatoes, Carrots

C. Meatloaf w/Gravy, Mashed Potatoes, Peas

D. Ham Sweet Potatoes, Wax Beans

E. White Fish w/Dill Sauce, Rice, Broccoli

			1 Turkey & Cheese Quiche 5 way Vegetable w/w Muffin Top Orange	2 Pork Roast w/Gravy Mashed Potatoes California Blend Veg Cinnamon Pears w/w Roll, Juice
5 Chicken w/Gravy Pacific Blend Cranberry Applesauce Raisins, Corn Muffin	6 w/w Pasta & Meatballs Spaghetti Sauce Tossed Salad, w/w Roll Banana	7 Roast Pork W/Sauerkraut German Potato Salad Carrots, Juice Berries w/Yogurt, w/w Roll	8 Turkey & Brown Rice Casserole California Blend Veg Orange	9 Chicken Caesar Salad w/w Muffin Top Clementines Juice
12 Closed for 	13 Chicken Cacciatore Brown Rice Spinach Pumpkin Pudding Juice	14 Pizza Burger Copper Carrot Coins Apple Crisp Raisins	15 Amish Chicken & Waffle Mashed Potatoes Apple	16 Chicken Broccoli Alfredo Ziti Tossed Salad Mixed Fruit Brownie, Juice
19 White Chicken Chili Green Beans Corn Muffin Lime Pear Whip Juice	20 Broccoli Cheese Souffle Whole Grain Waffle Broccoli Fruit Compote, Juice	21 Baked Ham Slice Mashed Potatoes Mixed Vegetables Pineapple Tidbits Muffin, Juice	22 Polish Cabbage Casserole Tossed Salad Cinnamon Applesauce w/w Roll	23 Meatloaf w/Onion Gravy, Roasted Potatoes Zucchini Spiced Peaches w/w Roll Juice
26 Spanish Rice Corn Orange	27 Turkey w/Gravy Mashed Potatoes Four Way Blend Veg Chocolate Mousse Raisins, Juice	28 Goulash Peas & Carrots w/w Roll Apple	29 Ham & Scalloped Potatoes Prince Edward Veg Orange w/w Roll	30 Macaroni & Cheese Beets Mixed Berries w/Whipped Topping Juice, w/w Roll

All meals served with 1% Milk and Butter

If you have any allergies or intolerances, please notify us!