





Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

September Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Labor Day 	2 Hot dog on bun Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) String Cheese Pineapple tidbits (15 gm) WG Dinner Roll (10 gm)	3 Chicken Parmesan over noodles (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Mandarin oranges (15 gm) SF Fruit Gelatin (10 gm)	4 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Raw vegetables Crackers (8 gram) Fresh Fruit (15 gm)	5 Chicken Fajitas Green, yellow, and red peppers Garden Salad Spanish Rice (20 gm) Tortilla shell (12 gm) Fruit Cocktail (15 gm)
8 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans Rye bread slice (10 gm) Applesauce (15 gm)	9 Split Pea & Ham Soup (5gm) Turkey & Swiss WG bun (22 gm) Coleslaw (3 gm) Fresh Fruit (15 gm) Crackers (8 gm)	10 Sliced Oven Roasted Beef Mashed Pot w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Diced Peaches (15 gm)	11 Creamy Swedish Meatballs Noodles (20 gm) Herb seasoned Broccoli Squash (15 gm) WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)	12 Pizza- Congregate Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)
15 Oneida Beef Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	16 Homemade Meat Sauce from Oneida Beef & Bison Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	17 Tuna Salad (5 gm) Dinner Roll (10 gm) Cucumber Salad Diced Peaches (15 gm) SF Gelatin (15 gm)	18 Beef Stew (<i>beef tips with potatoes, vegetables, and gravy</i>) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)	19 Fish Patty on WG bun Roasted Red Potatoes (15 gm) Seasoned Broccoli, Cauliflower, and Carrots Diced Peaches (15 gm)
22 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	23 Chicken Veg Soup (8 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Coleslaw Fresh Fruit (15 gm) Oyster Crackers (8 gm)	24 Oven Roasted Turkey Baked Potato (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Mandarin Oranges (15 gm)	25 Stroganoff Beef Tips Mashed Potatoes (15 gm) Herb seasoned Broccoli Diced Pears (15 gm) WG Dinner Roll (10 gm)	26 Chicken Apple Walnut Salad (8 gm) WG Dinner roll (10 gm) Raw vegetables Tomato juice (8 gm) Frozen Fruit Slushie (15 gm)
29 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Raw vegetables Applesauce (15 gm)	30 Homemade Meatloaf from Oneida Beef Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)			

- **Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal**
- **Call Oneida Aging & Disability (920) 869- 2448 Monday- Friday 8:00 AM- 4:00 PM to reserve your meal**

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Take a NOURISH Step

Information provided by www.gwaar.org/nourishstep

RECIPES & MEAL IDEAS

Creative Cooking

- Try new techniques and combinations.
- Bake fresh vegetables with olive oil, herbs, and spices instead of boiling

Grab different groceries

- Find a new fruit, vegetable, grain, protein option, or spice blend to try each time you shop.

Fudgy Date Brownies – Gluten free

Recipe provided by: [Fudgy Flourless Date Brownies - Healthy Little Vittles](#)

Ingredients

Dates, pitted	4 cups
Cacao or cocoa powder, unsweetened	1/2 cup
Nut or seed butter	1/2 cup
Water	1-2 tbsp
Vanilla extract	1 tsp
Baking soda	1/2 tsp

Instructions:

1. Preheat oven to 350 degrees F. Line an 8 X 8 pan with parchment paper or spray pan as well.
2. The dates need to be soft. If they are hard, microwave them with a little water for 3 minutes, then drain dates. If dates are soft, skip this step.
3. Add the dates and rest of ingredients to a food processor with 1 TBSP water, blend until smooth. Add the other tablespoon of water if needed. The batter will be thick and sticky.
4. Smooth the batter in the pan. Bake for 20-25 minutes. Cool prior to cutting into bars.

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