

For more information call: (607) 776-4310.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Swedish Meatballs with Sauce Noodles French Style Green Beans Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	2 Tuna Salad Beet & Onion Salad Mixed Fruit Chocolate Pudding Wheat Roll Promise Margarine 1% Milk Orange Juice
5 Ham Slice with Pineapple Slice Succotash Spinach Fruit Cocktail Blueberry Muffin Promise Margarine 1% Milk Orange Juice	6 Salisbury Steak with Gravy Mashed Potato Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Meatballs with Italian Sauce Spaghetti with Italian Sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	8 Southwestern Chicken Salad Monterey Jack Cheese Tomato Salsa Tropical Fruit Whole Wheat Pita Halves Promise Margarine 1% Milk Orange Juice	9 Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Cracker 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
12 Sloppy Joe Sauce Green Beans Carrots Applesauce Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	13 Sliced Turkey with Gravy Mashed Potato Peas Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	14 Vegetable Lasagna Apple Slice Garnish Mixed Vegetable Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Cottage Cheese with Pineapple Lettuce Leaf & Tomato Slice 4 Bean Salad Oatmeal Cookie 100% Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	16 Chicken Parmesan with Cheese & Sauce Rotini with Sauce Spinach Banana Italian Bread Promise Margarine 1% Milk Orange Juice
19 Roast Beef with Gravy Red Skinned Potatoes Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	20 Cowboy Pork and Beans Pear Slice Garnish Peas & Carrots Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Chicken Salad Potato Salad Tomato Bean Salad Rice Pudding with Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	22 Beef Goulash Apple Slice Garnish Summer Squash Blend Pineapple Chunks Italian Bread Promise Margarine 1% Milk Orange Juice	23 Tuna Noodle Casserole Peach Slice Garnish Beets Strawberries in Gelatin 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
26 Meatballs with Mushroom Sauce Fettuccine Carrots Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 Italian Lasagna with Sauce Apple Slice Garnish Broccoli & Cauliflower Vanilla Yogurt Graham Crackers Italian Bread Promise Margarine 1% Milk Orange Juice	28 Baked Fish Confetti Rice Peas Pear Slices Corn Muffin Promise Margarine 1% Milk Orange Juice	29 Ham Slice Swiss Cheese Slice Pineapple Slice Lettuce Leaf Tomato Slice Coleslaw Banana 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	30 Meatloaf with Onion Sauce Mashed Potato Spinach Peach Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice

Menu subject to change without notice.

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$3.00. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

If you are not yet 60, there is a charge of \$6.00 per meal. See your site manager.