

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

Monday	Tuesday	Wednesday	Thursday	Friday
	August 1 Italian Lasagna with Italian Sauce Apple Slice Garnish Broccoli & Cauliflower Vanilla Yogurt Graham Crackers Italian Bread Promise Margarine 1% Milk Orange Juice	2 Baked Fish Confetti Rice Peas Pear Slices Corn Muffin Promise Margarine 1% Milk Orange Juice	3 Ham Slice Swiss Cheese Slice Pineapple Slice Lettuce Leaf Tomato Slice Coleslaw Banana 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	4 Meatloaf with Onion Sauce Mashed Potato Spinach Peach Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
7 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	8 Egg Salad Pasta Salad Carrot Raisin Salad Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	9 Pulled BBQ Pork with Sauce Sweet Potato Hot Applesauce Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	10 Swedish Meatballs with Sauce Noodles French Style Green beans Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	11 Tuna Salad Bean & Onion Salad Mixed Fruit Chocolate Pudding Wheat Roll Promise Margarine 1% Milk Orange Juice
14 Ham Slice with Pineapple Slice Succotash Spinach Fruit Cocktail Blueberry Muffin Promise Margarine 1% Milk Orange Juice	15 Salisbury Steak with Gravy Mashed Potato Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	16 Meatballs with Italian Sauce Spaghetti with Sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	17 Southwestern Chicken Salad Monterey Jack Cheese Tomato Salsa Tropical Fruit Whole Wheat Pita Halves Promise Margarine 1% Milk Orange Juice	18 Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
21 Sloppy Joe Sauce Green Beans Carrots Applesauce Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	22 Sliced Turkey with Gravy Mashed Potato Peas Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	23 Vegetable Lasagna Apple Slice Garnish Mixed Vegetables Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	24 Cottage Cheese with Pineapple Lettuce Leaf Tomato Slice 4 Bean Salad Cookie 100% Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	25 Chicken Parmesan with Cheese & Sauce Rotini with Sauce Spinach Banana Italian Bread Promise Margarine 1% Milk Orange Juice
28 Roast Beef with Gravy Red Skinned Potatoes Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	29 Cowboy Pork & Beans Pear Slice Garnish Peas & Carrots Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	30 Chicken Salad Potato Salad Tomato Bean Salad Rice Pudding with Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	31 Beef Goulash Apple Slice Garnish Summer Squash Blend Pineapple Chunks Italian 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.