

For reservations call: (607) 776-4310. Please make reservations at least one day in advance. Please use visitor parking area.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham Slice with Pineapple Slice Succotash Spinach Fruit Cocktail Blueberry Muffin Promise Margarine 1% Milk Fruit Juice	3 Salisbury Steak with Gravy Mashed Potato Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	4 Spaghetti & Meatballs with Sauce Cauliflower Butterscotch Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	5 Chicken Breast with Ginger Peach Sauce Rice Pilaf Carrots & Peas Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	6 Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
9 Closed in observance of Columbus Day	10 Sliced Turkey with Gravy Mashed Potato Peas & Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	11 Vegetable Lasagna Apple Slice Garnish Mixed Vegetable Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	12 BBQ Pulled Pork with Sauce Sweet Potato Hot Applesauce Coleslaw Kaiser Roll Promise Margarine 1% Milk Orange Juice	13 Baked Fish Confetti Rice Peas Peaches Wheat Roll Promise Margarine 1% Milk Orange Juice
16 Roast Beef with Gravy Red Skinned Potatoes Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	17 Chicken Stew Apple Slice Garnish Summer Squash 4 Bean Salad Pineapple Chunks Italian Bread Promise Margarine 1% Milk Fruit Juice	18 Meatballs with Mushroom Sauce Fettuccini Yellow Beans Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	19 Italian Sausage with Peppers & Onions Tomato Bean Toss Spinach Peaches Whole Wheat Roll Promise Margarine 1% Milk Fruit Juice	20 Closed for All Staff Day
23 Chicken Parmesan with Sauce & Cheese Rotini Spinach Fruit Cocktail Italian Bread Promise Margarine 1% Milk Fruit Juice	24 Italian Lasagna with Sauce Apple Slice Garnish Broccoli & Cauliflower Vanilla Yogurt Graham Crackers Italian Bread Promise Margarine 1% Milk Orange Juice	25 Chicken & Biscuits Carrots Baked Beans Mandarin Oranges Promise Margarine 1% Milk Orange Juice	26 Ham & Scalloped Potatoes Pear Slice Garnish Green Beans Peach Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 Closed for Staff Training
30 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	31 Chicken Alfredo Tri Color Rotini Mixed Vegetables Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	November 1 Pork Roast with Gravy Red Skinned Potatoes Carrots Applesauce Italian Bread Promise Margarine 1% Milk Orange Juice	2 Meatloaf with Onion Sauce Mashed Potato Green Beans Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	3 Turkey Barley Casserole Peach Slice Garnish Beets Chocolate Pudding Wheat Roll 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.