

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

Monday	Tuesday	Wednesday	Thursday	Friday
				December 1 Swedish Meatballs with Sauce Noodles Spinach Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice
4 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	5 Chicken Alfredo Tri Color Rotini Mixed Vegetables Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	6 Pork Tenderloin with Gravy Red Skinned Potatoes Peas & Carrots 4 Bean Salad Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Meatloaf Mashed Potatoes Green Beans Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	8 Turkey Barley Casserole Peach Slice Garnish Beets Chocolate Pudding Wheat Roll Promise Margarine 1% Milk Orange Juice
11 Ham Slice with Pineapple Slice Succotash Spinach Fruit Cocktail Blueberry Muffin Promise Margarine 1% Milk Apple Juice	12 Salisbury Steak with Gravy Mashed Potatoes Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Spaghetti & Meatballs Cauliflower Butterscotch Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	14 Chicken Breast with Ginger Peach Sauce Rice Pilaf Carrots & Peas Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
18 Chili Green Beans Carrots Applesauce Corn Muffin Promise Margarine 1% Milk Orange Juice	19 Ham with Fruit Sauce Twice Baked Potatoes with Sour Cream Green Beans Almandine Assorted Dinner Rolls Cranberry Crunch Promise Margarine 1% Milk Orange Juice	20 Vegetable Lasagna Apple Slice Garnish Mixed Vegetables Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 BBQ Pulled Pork Sweet Potato Applesauce Coleslaw Kaiser Roll Promise Margarine 1% Milk Orange Juice	22 Baked Fish Confetti Rice Broccoli Peaches Wheat Roll Promise Margarine 1% Milk Orange Juice
25 Closed for Christmas Holiday	26 Closed for Christmas Holiday	27 Meatballs with Mushroom Sauce Fettuccini Yellow Beans Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	28 Italian Sausage with Peppers & Onions Tomato Bean Toss Spinach Peaches Whole Wheat Roll Promise Margarine 1% Milk Apple Juice	29 Beef Goulash Peach Slice Garnish Peas Tropical Fruit Medley 100% Whole Wheat Bread Promise Margarine 1% Milk Grape 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.