

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Closed in observance of New Years Day	<b>2</b> Chicken & Biscuit with Gravy Carrots Baked Beans Mandarin Oranges Promise Margarine 1% Milk Orange Juice	<b>3</b> Italian Lasagna with Sauce Apple Slice Garnish Broccoli & Cauliflower Vanilla Yogurt Graham Crackers Italian Bread Promise Margarine Orange Juice	<b>4</b> Ham & Scalloped Potatoes Pear Slice Garnish Green Beans Peach Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>5</b> Swedish Meatballs with Sauce Noodles Spinach Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>8</b> Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>9</b> Chicken Alfredo Tri Color Rotini Mixed Vegetables Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>10</b> Pork Tenderloin with Gravy Red Skinned Potatoes Peas & Carrots 4 Bean Salad Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>11</b> Meatloaf with Onion Sauce Mashed Potatoes French Style Green Beans Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>12</b> Turkey Barley Casserole Peach Slice Garnish Beets Chocolate Pudding Wheat Roll Promise Margarine 1% Milk Orange Juice
<b>15</b> Closed in observance of Martin Luther King, Jr. Day	<b>16</b> Salisbury Steak with Gravy Mashed Potatoes Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>17</b> Spaghetti & Meatballs with Sauce Cauliflower Butterscotch Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	<b>18</b> Chicken Breast with Ginger Peach Sauce Rice Pila Carrots & Peas Tropical Fruit 100% Whole Wheat Bread Promise Margarine Orange Juice	<b>19</b> Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread 1% Milk Orange Juice
<b>22</b> Chili Green Beans Carrots Applesauce Corn Muffin Promise Margarine 1% Milk Orange Juice	<b>23</b> Sliced Turkey with Gravy Mashed Potatoes Peas & Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>24</b> Vegetable Lasagna Apple Slice Garnish Mixed Vegetables Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>25</b> BBQ Pulled Pork with Sauce Sweet Potato Applesauce Coleslaw Kaiser Roll Promise Margarine 1% Milk Orange Juice	<b>26</b> Baked Fish Confetti Rice Broccoli Peaches Wheat Roll Promise Margarine 1% Milk Orange Juice
<b>29</b> Roast Beef with Gravy Red Skinned Potatoes Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>30</b> Savory Chicken Stew Apple Slice Garnish Broccoli & Cauliflower 4 Bean Salad Pineapple Chunks 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>31</b> Meatballs with Mushroom Sauce Fettuccini Yellow Beans Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>February 1</b> Italian Sausage with Peppers & Onions Tomato Bean Toss Spinach Peaches Whole Wheat Roll Promise Margarine Apple Juice	<b>2</b> 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.