

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

Monday	Tuesday	Wednesday	Thursday	Friday
			February 1 Italian Sausage with Peppers & Onions Tomato Bean Toss Spinach Peaches Whole Wheat Roll Promise Margarine Apple Juice	2 Beef Goulash Peach Slice Garnish Peas Tropical Fruit Medley 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
5 Chicken Parmesan Rotini Spinach Fruit Cocktail Italian Bread Promise Margarine 1% Milk Grape Juice	6 Chicken & Biscuits Carrots Baked Beans Mandarin Oranges Promise Margarine 1% Milk Orange Juice	7 Italian Lasagna Apple Slice Garnish Broccoli & Cauliflower Vanilla Yogurt Graham Crackers Italian Bread Promise Margarine 1% Milk Orange Juice	8 Ham & Scalloped Potatoes Pear Slice Garnish Green Beans Peach Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	9 Swedish Meatballs Noodles Spinach Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice
12 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Chicken Alfredo Tri Color Rotini Mixed Vegetables Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	14 Pork Tenderloin with Gravy Red Skinned Potatoes Peas & Carrots 4 Bean Salad Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Meatloaf with Onion Sauce Mashed Potatoes Green Beans Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	16 Turkey Barley Casserole Peach Slice Garnish Beets Chocolate Pudding Wheat Roll Promise Margarine 1% Milk Orange Juice
19 Closed in observance of Presidents' Day	20 Salisbury Steak with Gravy Mashed Potatoes Broccoli Pear Slices 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Spaghetti & Meatballs with Sauce Cauliflower Butterscotch Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	22 Chicken Breast with Ginger Peach Sauce Rice Pilaf Carrots & Peas Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	23 Macaroni & Cheese Zucchini Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
26 Chili Green Beans Carrots Applesauce Corn Muffin Promise Margarine 1% Milk Orange Juice	27 Sliced Turkey with Gravy Mashed Potatoes Peas & Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	28 Vegetable Lasagna Apple Slice Garnish Mixed Vegetables Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	March 1 BBQ Pulled Pork Sweet Potatoes Applesauce Coleslaw Kaiser Roll Promise Margarine 1% Milk Orange Juice	2 Baked Fish Confetti Rice Broccoli Peaches 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.