

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

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>2</b><br>Italian Lasagna<br>Apple Slice Garnish<br>Carrots<br>Pears<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                                    | <b>3</b><br>Sweet & Sour Chicken<br>Steamed Rice<br>Peas<br>Mandarin Oranges<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>4</b><br>Sliced Turkey with Gravy<br>Mashed Potatoes<br>Broccoli<br>Peaches<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                                      | <b>5</b><br>Sloppy Joe<br>Peach Garnish<br>Mixed Vegetables<br>Butterscotch Pudding<br>Whole Wheat Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice             | <b>6</b><br>Baked Fish<br>Sweet Potato<br>Yellow Beans<br>Coleslaw<br>Pineapple Tidbits<br>Corn Muffin<br>Promise Margarine<br>1% Milk<br>Apple Juice                                  |
| <b>9</b><br>Beef Patty with Mushroom Gravy<br>Red Skinned Potatoes<br>Broccoli<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>10</b><br>Italian Sausage with Peppers & Onions<br>Peas<br>Applesauce<br>Whole Wheat Hot Dog Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice    | <b>11</b><br>Pork Tenderloin with Gravy<br>Mashed Potatoes<br>Winter Squash<br>Four Bean Salad<br>Chocolate Pudding<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>12</b><br>Chicken Parmesan<br>Rotini<br>Carrots<br>Tropical Fruit<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Apple Juice                               | <b>13</b><br>Beef Goulash<br>Corn<br>Green Beans<br>Pears<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Grape Juice   |
| <b>16</b><br>Swedish Meatballs with Sauce<br>Noodles<br>Spinach<br>Pineapple Tidbits<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Grape Juice              | <b>17</b><br>Ham<br>Scalloped Potatoes<br>Succotash<br>Apricots<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice              | <b>18</b><br>BBQ Chicken Cubes<br>Sweet Potato<br>Cauliflower<br>Rice Pudding with Raisins<br>Whole Wheat Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice                                 | <b>19</b><br>Meatloaf with Onion Gravy<br>Mashed Potatoes<br>Broccoli<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice  | <b>20</b><br>Vegetable Lasagna<br>Beets<br>Mixed Vegetables<br>Peaches<br>100% Whole Wheat Dinner Roll<br>Promise Margarine<br>1% Milk<br>Orange Juice                                 |
| <b>23</b><br>Stuffed Pepper with Sauce<br>Apple Slice Garnish<br>Winter Squash<br>Tropical Fruit<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>24</b><br>Chicken and Gravy<br>Biscuit<br>Green Beans<br>Mandarin Oranges<br>Graham Crackers<br>Promise Margarine<br>1% Milk<br>Orange Juice        | <b>25</b><br>BBQ Pulled Pork<br>Applesauce<br>Carrots<br>Coleslaw<br>Whole Wheat Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice  | <b>26</b><br>Roast Beef with Gravy<br>Mashed Potatoes<br>Peas<br>Pears<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                   | <b>27</b><br>Chicken & Ziti with Sauce<br>Yellow Beans<br>Broccoli<br>Vanilla Pudding<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                        |
| <b>30</b><br>Ham Slice with Pineapple Slice<br>Sweet Potato<br>Spinach<br>Peaches<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Grape Juice                 | <b>May 1</b><br>Spaghetti & Meatballs<br>Cauliflower<br>Lemon Pudding<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                 | <b>2</b><br>Chicken Breast with Dijon Mustard<br>Confetti Rice<br>Peas<br>Applesauce<br>Blueberry Muffin<br>Promise Margarine<br>1% Milk<br>Orange Juice                                      | <b>3</b><br>Salisbury Steak with Gravy<br>Mashed Potatoes<br>Succotash<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>4</b><br>Macaroni & Cheese<br>Summer Squash Blend<br>Stewed Tomatoes<br>Vanilla Yogurt<br>Graham Crackers<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>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.