

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Egg Salad Pasta Salad Carrot Raisin Salad Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
4 Ham Slice with Pineapple slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	5 Spaghetti with Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	6 Chicken Salad Rice & Pea Salad Tomato Bean Salad Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	7 Salisbury Steak with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	8 Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
11 Italian Lasagna Apple Slice Garnish Carrots Pears Italian Bread Promise Margarine 1% Milk Orange Juice	12 Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Turkey & Swiss Cheese with Lettuce & Tomato Potato Salad Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	14 Sloppy Joe Peach Garnish Mixed Vegetable Butterscotch Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	15 Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple Juice
18 Beef Patty with Mushroom Gravy Red Skinned Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	19 Italian Sausage with Peppers & Onions Peas Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Orange Juice	20 Pork Tenderloin with Gravy Mashed Potatoes Winter Squash Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	22 Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
25 Swedish Meatballs with Sauce Noodles Spinach Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	26 Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 Southwestern Chicken Salad Monterey Jack Cheese Tomato Salsa Rice Pudding with Raisins Whole Wheat Pita Promise Margarine 1% Milk Orange Juice	28 Meatloaf with Onion Gravy Mashed Potatoes Broccoli Fruit cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	29 Vegetable Lasagna Beet Garnish Mixed Vegetable Peaches 100% Whole Wheat Dinner 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 \$3.50. 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 \$7.00 per meal. See your site manager.