

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Southwestern Chicken Salad Monterey Jack Cheese Tomato Salsa Rice Pudding with Raisins Whole Wheat Pita Promise Margarine 1% Milk Orange Juice	<b>2</b> Meatloaf with Onion Gravy Mashed Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>3</b> Vegetable Lasagna Beet Garnish Mixed Vegetables Peaches 100% Whole Wheat Dinner Roll Promise Margarine 1% Milk Orange Juice
<b>6</b> Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>7</b> Chicken & Biscuit Green Beans Mandarin Oranges Graham Crackers Promise Margarine 1% Milk Orange Juice	<b>8</b> BBQ Pulled Pork Applesauce Carrots Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>9</b> Roast Beef with Gravy Mashed Potatoes Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>10</b> Egg Salad Pasta Salad Carrot Raisin Salad Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>13</b> Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>14</b> Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	<b>15</b> Chicken Salad Macaroni Salad Tomato Bean Salad Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>16</b> Salisbury Steak with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>17</b> Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>20</b> Italian Lasagna with Sauce Apple Slice Garnish Carrots Pears Italian Bread Promise Margarine 1% Milk Orange Juice	<b>21</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>22</b> Turkey Slice with Lettuce & Tomato Swiss Cheese Potato Salad Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>23</b> Sloppy Joe Peach Garnish Mixed Vegetables Butterscotch Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>24</b> Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple Juice
<b>27</b> Beef Patty with Mushroom Gravy Red Skinned Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>28</b> Italian Sausage with Peppers & Onions Peas Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Orange Juice	<b>29</b> Pork Tenderloin with Gravy Mashed Potatoes Winter Squash Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>30</b> Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	<b>31</b> Beef Goulash Corn Green Beans Pears 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 \$3.50. 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.