

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

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