

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 1</b> Beef Patty with Mushroom Gravy Red Skinned Potatoes Spinach Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>2</b> Cabbage Roll with Sauce Mashed Potato Peas Applesauce Cottage Cheese Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	<b>3</b> Stir Fry Pork over Grain Medley Pacific Blend Vegetable Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>4</b> Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple Juice	<b>5</b> Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>8</b> <b>Closed in observance of Columbus Day</b>	<b>9</b> Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>10</b> BBQ Chicken Cubes Sweet Potatoes Cauliflower Rice Pudding with Raisins Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>11</b> Meatloaf with Onion Gravy Mashed Potato Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>12</b> Italian Lasagna Apple Slice Garnish Carrots Peaches Italian Bread Promise Margarine 1% Milk Orange Juice
<b>15</b> Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>16</b> Savory Beef Stew Cinnamon Pear Garnish Baking Powder Biscuit Mandarin Oranges Promise Margarine 1% Milk Orange Juice	<b>17</b> BBQ Pulled Pork Applesauce Carrots Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>18</b> Roast Beef with Gravy Mashed Potato Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>19</b> <b>Closed for Pro Action All Staff Day Training</b>
<b>22</b> Ham Slice with Pineapple Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>23</b> Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	<b>24</b> Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	<b>25</b> Braised Beef Tips with Gravy Mashed Potato Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>26</b> Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>29</b> Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	<b>30</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>31</b> Sliced Turkey with Gravy Rice Pilaf Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>Nov 1</b> Pork Tenderloin with Gravy Mashed Potatoes Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>2</b> Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple 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.