

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

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
|  |   |  | <b>Nov 1</b><br>Pork Tenderloin with Gravy<br>Mashed Potatoes<br>Winter Squash<br>Butterscotch Pudding<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>2</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>5</b><br>Beef Patty with Mushroom Gravy<br>Red Skinned Potatoes<br>Spinach<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice  | <b>6</b><br>Cabbage Roll with Tomato Sauce<br>Mashed Potatoes<br>Peas<br>Applesauce<br>Cottage Cheese<br>Whole Wheat Roll<br>Promise Margarine<br>1% Milk<br>Orange Juice     | <b>7</b><br>Stir Fry Pork over Grain Medley<br>Pacific Blend Vegetable<br>Four Bean Salad<br>Chocolate Pudding<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>8</b><br>Chicken Parmesan<br>Rotini<br>Carrots<br>Tropical Fruit<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Apple Juice  | <b>9</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>12</b><br><b>Closed in observance of Veterans Day</b>   | <b>13</b><br>Turkey with Gravy<br>Stuffing<br>Squash<br>Cranberry Sauce<br>Assorted Rolls<br>Pumpkin Pie with Whipped Topping<br>Promise Margarine<br>1% Milk<br>Orange Juice | <b>14</b><br>BBQ Chicken Cubes<br>Sweet Potatoes<br>Cauliflower<br>Rice Pudding with Raisins<br>Whole Wheat Hamburger Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice                | <b>15</b><br>Meatloaf with Onion Gravy<br>Mashed Potato<br>Broccoli<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                  | <b>16</b><br>Italian Lasagna<br>Apple Slice Garnish<br>Carrots<br>Peaches<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice  |
| <b>19</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>20</b><br>Savory Beef Stew<br>Mandarin Orange Garnish<br>Baking Powder Biscuit<br>Fig Newton Cookie<br>Cinnamon Pears<br>Promise Margarine<br>1% Milk<br>Orange Juice      | <b>21</b><br>BBQ Pulled Pork<br>Applesauce<br>Carrots<br>Coleslaw<br>Whole Wheat Hamburger Bun<br>Promise Margarine<br>1% Milk<br>Orange Juice   | <b>22</b><br><b>Closed in observance of Thanksgiving</b>   | <b>23</b><br><b>Closed in observance of Thanksgiving</b>  |
| <b>26</b><br>Ham Slice with Pineapple<br>Sweet Potato<br>Spinach<br>Peaches<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Grape Juice                       | <b>27</b><br>Spaghetti & Meatballs with Sauce<br>Cauliflower<br>Lemon Pudding<br>Italian Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice                                | <b>28</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>29</b><br>Braised Beef Tips with Gravy<br>Mashed Potato<br>Succotash<br>Fruit Cocktail<br>100% Whole Wheat Bread<br>Promise Margarine<br>1% Milk<br>Orange Juice              | <b>30</b><br>Macaroni & Cheese<br>Summer Squash Blend<br>Stewed Tomatoes<br>Vanilla Yogurt with 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 \$3.50. 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.