

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	<b>4</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>5</b> Sliced Turkey with Gravy Mashed Potatoes Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>6</b> Pork Tenderloin with Gravy Mashed Potatoes Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>7</b> Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Apple Juice
<b>10</b> Beef Patty with Mushroom Gravy Red Skinned Potatoes Spinach Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>11</b> Cabbage Roll with Tomato Sauce Mashed Potatoes Peas Applesauce Cottage Cheese Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	<b>12</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>13</b> Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Apple juice	<b>14</b> Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
<b>17</b> Sweet & Sour Meatballs with Pineapple Sauce Steamed Rice Broccoli Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>18</b> Ham Slice with Fruit Sauce Green Beans Almandine Twice Baked Potatoes with Sour Cream Assorted Rolls Assorted Dessert 1% Milk Orange Juice	<b>19</b> BBQ Chicken Cubes Sweet Potatoes Cauliflower Rice Pudding with Raisins Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	<b>20</b> Meatloaf with Onion Gravy Mashed Potatoes Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>21</b> Italian Lasagna Apple Slice Garnish Carrots Peaches Italian Bread Promise Margarine 1% Milk Orange Juice
<b>24</b> Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>25</b> <b>Closed for Christmas                      Holiday</b>	<b>26</b> <b>Closed for Christmas                      Holiday</b>	<b>27</b> Roast Beef with Gravy Mashed Potatoes Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>28</b> Chicken & Ziti with Sauce Yellow Beans Broccoli Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
<b>31</b> Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	<b>January 1</b> <b>Closed for New Years                      Holiday</b>	<b>2</b> Chicken Breast with Dijon Mustard Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	<b>3</b> Braised Beef Tips with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	<b>4</b> Macaroni & Cheese Summer Squash Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread 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 coordinator.