

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sliced Turkey with Gravy Rice Pilaf Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	2 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	3 Beef Goulash Corn Spinach Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	4 Pork Tenderloin with Gravy Mashed Potato Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	5 Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk
8 Chicken with Gravy Baking Powder Biscuit Green Beans Cinnamon Pears Graham Crackers Promise Margarine 1% Milk Orange Juice	9 Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	10 BBQ Pulled Pork Applesauce Spinach Coleslaw Chocolate Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk	11 Salisbury Steak with Gravy Mashed Potato Beets Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	12 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
15 Beef Patty with Mushroom Gravy Red Skinned Potatoes Broccoli Rice Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	16 Chicken Parmesan with Cheese and Sauce Rotini Zucchini with Tomatoes Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	17 Stir Fry Pork over Rice Pacific Blend Vegetables Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	18 Meatloaf with Onion Gravy Sweet Potato Garden Peas Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	19 Closed in observance of Good Friday
22 Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	23 Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	24 Chicken Breast With Dijon Mustard Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	25 Braised Beef Tips with Gravy Mashed Potato Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	26 Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
29 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	30 Sliced Turkey with Gravy Rice Pilaf Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	May 1 Pork Tenderloin with Gravy Mashed Potato Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	2 Beef Goulash Corn Green Beans Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	3 Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk

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.