

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

Monday	Tuesday	Wednesday	Thursday	Friday
		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
6 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Chicken with Gravy Baking Powder Biscuit Green Beans Cinnamon Pears Graham Crackers Promise Margarine 1% Milk Orange Juice	8 BBQ Pulled Pork Applesauce Succotash Coleslaw Chocolate Pudding Whole Wheat Hamburger Bun Promise Margarine 1% Milk	9 Ham Scalloped Potatoes Spinach Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	10 Italian Sausage Peppers & Onions Broccoli Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Orange Juice
13 Meatloaf with Onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	14 Stir Fry Pork over Rice Pacific Blend Vegetable Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Chicken Parmesan Rotini Zucchini with Tomatoes Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	16 Beef Patty with Mushroom Gravy Red Skinned Potato Broccoli Rice Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	17 Italian Lasagna Apple Slice Garnish Brussel Sprouts Mandarin Oranges Italian Bread Promise Margarine 1% Milk Orange Juice
20 Ham Slice with Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	21 Sloppy Joe Peach Garnish Mixed Vegetable Fruit Cocktail Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	22 Spaghetti & Meatballs Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	23 Chicken Breast with Dijon Mustard Sauce Confetti Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	24 Macaroni & Cheese Summer Squash Blend Stewed Tomatoes Vanilla Yogurt Graham Crackers 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
27 Closed in observance of Memorial Day	28 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	29 Beef Goulash Corn Spinach Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	30 Pork Tenderloin with Gravy Mashed Potato Winter Squash Butterscotch Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	31 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.