

For more information call: (315)536-6038

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Patty w/ mushroom gravy Red skinned potato Spinach Fruit Cocktail Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	3 Italian Lasagna with Italian sauce Apple Slices Carrots Peaches Whole Wheat Roll Promise Margarine 1% Milk Orange Juice	4 Sensational Pork w/ sensational gravy Rice Pacific Blend Veg. Four Bean Salad Chocolate Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	5 Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	6 Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
9 Swedish Meatballs Steamed Rice Broccoli Pineapple Tidbits Oatmeal Raisin Cookies 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	10 Ham Scalloped Potato Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	11 BBQ Chicken Cubes Sweet Potato Cauliflower Rice Pudding w/ raisins 100% Whole Wheat Bun Promise Margarine 1% Milk Orange Juice	12 Meat Loaf with onion gravy Mashed Potato Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	13 Spanish Rice w/ cabbage Sweet Potato Peas Applesauce Cottage Cheese 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
16 Stuffed Pepper with Sauce Apple Slice Garnish Winter Squash Tropical Fruit 100% Whole Wheat Bread 1% Milk Orange Juice	17 Roast Beef with Gravy Mashed Potatoes Peas Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	18 BBQ Pulled Pork Applesauce Carrots Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	19 Savory Beef Stew Cinnamon Pear Garnish Baking Powder Biscuit Mandarin Oranges Promise Margarine 1% Milk Orange Juice	20 Chicken & Ziti with Sauce Yellow Beans Broccoli Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
23 Ham Slice w/ pineapple slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	24 Spaghetti & Meatballs with Sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	25 Chicken Breast with Dijon Mustard Sauce Party Rice Peas Applesauce Blueberry Muffin Promise Margarine 1% Milk Orange Juice	26 Braised Beef Tips with Gravy Mashed Potatoes Succotash Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	27 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.

**Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.**

**A. Meatloaf with yams and green beans**

**B. Meatballs with mashed potatoes and broccoli**

**C. Grilled chicken with white potatoes and carrots**

**D. Hamburger Patty with rice and mixed vegetables**