

For more information call: (315)-536-6038

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 30 Chili Green Beans Carrots Pears Cornbread Promise Margarine 1% Milk Orange Juice	MARCH 31 Sweet and Sour chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	APRIL 1 Sliced Turkey Mashed potato Broccoli Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	2 Pork Tenderloin w/ gravy Red Skinned Potato Winter Squash Butterscotch Pudding 100% Wheat Bread Promise Margarine 1% Milk Orange Juice	3 Baked Fish Sweet Potato Yellow Beans Coleslaw Pineapple Tidbits Corn Muffin Promise Margarine 1% Milk Orange Juice
6 Beef Patty w/ mushroom gravy Red skinned potato Spinach Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	7 Italian lasagna Apple Slices Carrots Peaches Italian Bread Promise Margarine 1% Milk Orange Juice	8 Sensational Pork over rice Pacific Blend Veg. Four Bean Salad Chocolate Pudding 100% Whole Wheat Bun Promise Margarine 1% Milk Orange Juice	9 Chicken Parmesan Rotini Carrots Tropical Fruit Italian Bread Promise Margarine 1% Milk Orange Juice	10 CLOSED FOR GOOD FRIDAY
13 Swedish Meatballs Steamed Rice Broccoli Pineapple tidbits Oatmeal Raisin cookie 100% Whole Wheat Bread 1% Milk Grape Juice	14 Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 BBQ Chicken Sweet Potato Cauliflower Rice Pudding with raisins Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	16 Meat Loaf w/ onion gravy Mashed Potato Broccoli Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	17 Spanish rice w/ cabbage Sweet Potato Peas Applesauce 2% cottage cheese 100% Whole Wheat Roll Promise Margarine 1% Milk Orange Juice
20 Stuffed Peppers w/ sauce Apple Slices Winter Squash Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Roast Beef w/ Gravy Mashed Potato Peas Pears 100% Whole Wheat Bread Italian Bread Promise Margarine 1% Milk Orange Juice	22 Pulled Pork Applesauce Carrots Coleslaw Whole Wheat Hamburger Bun Promise Margarine 1% Milk Orange Juice	23 Savory Beef Stew Cinnamon Pear Garnish Baking Powder Biscuit Mandarin Oranges Promise Margarine 1% Milk Orange Juice	24 Chicken & Ziti w/ Italian sauce Yellow Beans Broccoli Vanilla Pudding 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
27 Ham Slice w/Pineapple slice Sweet Potato Spinach Peaches 100% Whole Wheat Bread Italian Bread Promise Margarine 1% Milk Grape Juice	28 Meatballs w/ Italian sauce Spaghetti w/ sauce Cauliflower Lemon Pudding Italian Bread Promise Margarine 1% Milk Orange Juice	29 Chicken Breast w/ Dijon mustard sauce Party Rice Peas Applesauce Blueberry muffin Promise Margarine 1% Milk Orange Juice	30 Braised Beef tips w/ gravy Mashed Potato Succotash Fruit cocktail 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**