

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Swiss Steak W/ Sauce Egg Noodles Garden Peas Rice Pudding W/ Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	2 Smoked Sausage Potatoes Cabbage Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
5 Pork Marsala Rotini Italian Blend Vegetables Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	6 Shepard Pie Wax Beans Yogurt Parfait 100% Whole Wheat Roll Promise Margarine 1% Milk Grape Juice	7 Philly Cheese Steak Peppers & Onions Winter Squash Cinnamon Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	8 Hot Sliced Turkey W/ Gravy Lyonnais Potatoes Seasoned Lima Beans Pumpkin Crisp 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	9 Baked Haddock Rice Pilaf Peas & Carrots Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
12 CLOSED COLUMBUS DAY	8 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Vegetables Mandarin Orange Dessert 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	14 Tuna Noodle Casserole Carrots Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	15 Cranberry Apple Pork W/Cranberry Apple Sauce Small Red Potatoes Stewed Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	16 Macaroni & Cheese Beets Strawberry Pineapple Jello 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
19 Hawaiian Chicken W/ Hawaiian Sauce Sweet Potatoes White & Green Beans Pears 100% Whole Wheat Bread 1% Milk Grape Juice	20 Beef Burgandy Mashed Potatoes Cauliflower Apricot Apple Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	21 Roast Pork & Sauerkraut Red Potatoes Peas & Carrots Apple Crisp w/ Topping 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	22 Meatballs w/Marinara Sauce Penne Pasta Broccoli Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	23 White Fish w/ Dill Sauce Brown Rice Prince Edward Vegetables Crushed Pineapple Corn Muffin Promise Margarine 1% Milk Grape Juice
26 Turkey Divan Noodles Harvard Beets Fruit Cocktail 100% Whole Wheat Bread 1% Milk Orange Juice	27 Pot Roast w/ Gravy Roasted Potatoes Onions, Cabbage and Carrots Blueberry Cobbler 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	28 Pulled Pork Baked Beans Broccoli Strawberries W/W Bun Promise Margarine 1% Milk Grape Juice	29 Swiss Quiche Hash Brown Potatoes Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	30 Italian Lasagna w/ Marinara Sauce Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice

**Menu subject to change without notice.**Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00.

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 \$8.00 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**