

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Pepper w/Sauce Rotini Pasta Sicilian Blend Vegetable Fruit Cocktail 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	2 BBQ Pulled Pork Baked Beans Cream Style Corn Strawberries w/Topping 100% Whole Wheat Bun Promise Margarine 1% Milk Grape Juice	3 Ham Scalloped Potatoes Peas & Carrots Cantaloupe Cubes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	4 Italian Sausage Peppers & Onions Pasta Salad Applesauce Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Apple Juice
7 Closed Labor Day	8 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Vegetables Mandarin Orange Dessert Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	9 Tuna Noodle Casserole Carrots Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	10 Cranberry Apple Pork w/ Cranberry Apple Sauce Small Red Potatoes Stewed Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	11 Macaroni & Cheese Beets Strawberry Pineapple Jello 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
14 Hawaiian Chicken w/ Hawaiian Sauce Sweet Potatoes White & Green Beans Pears 100% Whole Wheat Bread 1% Milk Grape Juice	15 Beef Burgandy w/sauce Mashed Potatoes Cauliflower Apricot Apple Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	16 Roast Pork & Sauerkraut Red Potatoes Peas & Carrots Apple Crisp w/ Topping 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	17 Meatballs w/Marinara Sauce Penne Pasta Broccoli Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	18 White Fish w/ Dill Sauce Brown Rice Prince Edward Vegetables Crushed Pineapple Corn Muffin Promise Margarine 1% Milk Grape Juice
21 Turkey Divan Noodles Harvard Beets Fruit Cocktail 100% Whole Wheat Bread 1% Milk Orange Juice	22 Pot Roast w/ Gravy Roasted Potatoes Onions, Cabbage and Carrots Blueberry Cobbler 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	23 Pulled Pork Baked Beans Broccoli Strawberries 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	24 Swiss Quiche Hash Brown Potatoes Green Beans Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	25 Italian Lasagna w/ Marinara Sauce Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice
28 Meatloaf w/ Onion Gravy Sweet Potatoes Creamed Corn Crushed Pineapple 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	29 Paprika Pork w/ Cream Sauce Rotini Zucchini and Tomatoes Peach Whip 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	30 Roasted Chicken w/ Chicken Gravy Mashed Potatoes Pacific Blend Vegetables Mixed Berries w/ Whipped Topping 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 \$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**

