

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Egg Salad on Shredded Lettuce Macaroni Salad Fresh Broccoli Salad Cinnamon Pears W/W Hamburg Bun Promise Margarine 1% Milk Orange Juice | 2 BBQ Pulled Pork Baked Beans Coleslaw Strawberries w/Topping 100% Whole Wheat Bun Promise Margarine 1% Milk Grape Juice | 3 Lemon Pepper Chicken Pasta Salad Cucumber & Tomato Salad Applesauce Whole Wheat Bread Promise Margarine 1% Milk Grape Juice |
| 6 Closed Labor Day | 7 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Vegetables Mandarin Oranges Whole Wheat Bread Promise Margarine 1% Milk Apple Juice | 8 Tuna Fettuccini Carrots Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice | 9 Cranberry Apple Pork w/ Cranberry Apple Sauce Small Red Potatoes Stewed Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice | 10 Macaroni & Cheese Beets Strawberry Pineapple Jello 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice |
| 13 Hawaiian Chicken w/ Hawaiian Sauce Sweet Potatoes White & Green Beans Pears 100% Whole Wheat Bread 1% Milk Grape Juice | 14 Beef Burgundy w/sauce Mashed Potatoes Broccoli Tropical Fruit w/Blueberries 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice | 15 Meatballs w/Marinara Sauce Penne Pasta Cauliflower Mandarin Oranges Dessert 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice | 16 Roast Pork & Sauerkraut Red Potatoes Peas & Carrots Apple Crisp w/ Topping 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice | 17 White Fish w/ Dill Sauce Brown Rice Prince Edward Vegetables Crushed Pineapple Corn Muffin Promise Margarine 1% Milk Grape Juice |
| 20 Turkey Divan Noodles Harvard Beets Fruit Cocktail 100% Whole Wheat Bread 1% Milk Orange Juice | 21 Pot Roast w/ Gravy Roasted Potatoes Onions, Cabbage and Carrots Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice | 22 Pulled Pork Baked Beans Broccoli Strawberries 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice | 23 Swiss Quiche Hash Brown Potatoes Green Beans Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice | 24 Italian Lasagna w/ Marinara Sauce Spinach Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice |
| 27 Meatloaf w/ Onion Gravy Sweet Potatoes Creamed Corn Crushed Pineapple 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice | 28 Paprika Pork w/ Cream Sauce Rotini Zucchini and Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice | 29 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 | 30 Swiss Steak w/ sauce Egg Noodles Garden Peas Apricot Apple Salad 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**

