

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot Dog White and Green Beans Coleslaw Yogurt Parfait 100% W/W Hot Dog Bun Promise Margarine 1% Milk Grape Juice
4 Pork Marsala Rotini Italian Blend Vegetables Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	5 Shepard Pie Wax Beans Rice Pudding w/ Raisins 100% Whole Wheat Roll Promise Margarine 1% Milk Grape Juice	6 Philly Cheese Steak Peppers & Onions Winter Squash Cinnamon Applesauce 100% W/W Hot Dog Bun Promise Margarine 1% Milk Orange Juice	7 Hot Sliced Turkey W/ Gravy Lyonnais Potatoes Seasoned Lima Beans Pumpkin Crisp 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	8 Baked Haddock Rice Pilaf Peas & Carrots Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
11 CLOSED COLUMBUS DAY	12 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Vegetables Mandarin Orange 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	13 Tuna Fettuccini Carrots Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	14 Cranberry Apple Pork W/Cranberry Apple Sauce Small Red Potatoes Stewed Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	15 Macaroni & Cheese Beets Strawberry Pineapple Jello 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
18 Hawaiian Chicken W/ Hawaiian Sauce Sweet Potatoes White & Green Beans Pears 100% Whole Wheat Bread 1% Milk Grape Juice	19 Beef Burgundy Mashed Potatoes Broccoli Tropical Fruit w/ Blueberries 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	20 Meatballs w/Marinara Sauce Penne Pasta Cauliflower Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	21 Roast Pork w/ Sauerkraut Red Potatoes Peas & Carrots Apple Crisp w/ Topping 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	22 White Fish w/ Dill Sauce Brown Rice Prince Edward Vegetables Crushed Pineapple Corn Muffin Promise Margarine 1% Milk Grape Juice
25 Turkey Divan Noodles Harvard Beets Fruit Cocktail 100% Whole Wheat Bread 1% Milk Orange Juice	26 Pot Roast w/ Gravy Roasted Potatoes Roasted Onions, Cabbage and Carrots Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	27 Pulled Pork Baked Beans Broccoli Strawberries W/W Bun Promise Margarine 1% Milk Grape Juice	28 Swiss Quiche Hash Brown Potatoes Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	29 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**