

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf w/ Onion Gravy Sweet Potatoes Creamed Corn Crushed Pineapple 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	2 Paprika Pork w/ Cream Sauce Rotini Zucchini and Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	3 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	4 Swiss Steak w/ sauce Egg Noodles Garden Peas Apricot Apple Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	5 Hot Dog White and Green Beans Coleslaw Yogurt Parfait 100% W/W Hot Dog Bun Promise Margarine 1% Milk Grape Juice
8 Pork Marsala Rotini Italian Blend Vegetables Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	9 Shepard Pie Wax Beans Rice Pudding w/ Raisins 100% Whole Wheat Roll Promise Margarine 1% Milk Grape Juice	10 Philly Cheese Steak Peppers & Onions Winter Squash Cinnamon Applesauce 100% W/W Hot Dog Bun Promise Margarine 1% Milk Orange Juice	11 CLOSED FOR  VETERAN'S DAY	12 Baked Haddock Rice Pilaf Peas & Carrots Melon 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
15 Beef Stroganoff w/ cream gravy Mashed Potato Waxed Beans Mixed Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	16 Tangy Ranch Chicken Whipped Sweet Potatoes 5 Way Blend Vegetables Mandarin Orange 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	17 Tuna Fettuccini Carrots Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	18 Cranberry Apple Pork W/Cranberry Apple Sauce Small Red Potatoes Stewed Tomatoes Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	19 Macaroni & Cheese Beets Strawberry Pineapple Jello 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
22 Hawaiian Chicken W/ Hawaiian Sauce Sweet Potatoes White & Green Beans Pears 100% Whole Wheat Bread 1% Milk Grape Juice	23 Roast Beef Mashed Potatoes Broccoli Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	24 Meatballs w/Marinara Sauce Penne Pasta Cauliflower Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 Turkey Divan Noodles Harvard Beets Fruit Cocktail 100% Whole Wheat Bread 1% Milk Orange Juice	30 Pot Roast w/ Gravy Roasted Potatoes Roasted Onions, Cabbage and Carrots Pears 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 \$8.75 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**