



LEWIS COUNTY SENIOR NUTRITION PROGRAM (376-5313)





Menu is subject to change without advance notice!

The suggested contribution is \$3.50 Guest Fee – \$10.75

The Nutrition Program accepts cash, checks & Food Stamps

Copenhagen, Croghan, Harrisville, Lyons Falls & Lowville



Monday	Tuesday	Wednesday	Thursday	Friday (HDM/Takeout Only)
	1 Blueberry Pancakes Sausage Hashbrowns Cottage Cheese with Peaches <i>Lewis County Maple Syrup</i>	2 Sweet & Sour Pork with Pineapple Seasoned Brown Rice Oriental Blend Vegetables Apple Crisp	3 Tuna Noodle Casserole Harvard Beets Green Beans Pineapple Tidbits	4 Swiss Steak Mashed Potatoes Broccoli and Red Peppers Tropical Fruit Cup
7 Egg Salad on WW Roll Green Beans Broccoli & Bacon Salad Clementines	8 Breaded Pork Baked Potato with Sour Cream Asparagus Apricots	9 Chili Corn Muffin Green Beans and Red Peppers Banana Oatmeal Raisin Cookie	10 Hot Turkey Sandwich Diced Beets Carrots Grapes	11 Breaded Fish with Tarter Mixed Vegetables Coleslaw Peaches
14  Offices Closed	15 Corrine's Chicken Pot Pie Butternut Squash Cauliflower Mixed Berries Ice cream	16 Lemon Dill Fish Sweet Potato Spinach Fruit Cup 	17 Vegetable Lasagna Broccoli Diced Beets Fresh Apple Whole Wheat Roll	18 Creamy Tomato Soup Tuna Sandwich Green Beans Applesauce
21 Chicken & Biscuits Corn Green Beans Cold Cinnamon Pears	22 Turkey with Gravy Stuffing Broccoli Apricots	23 Baked Ham Winter Squash Cauliflower Applesauce	24 Beef on Noodles Glazed Carrots Brussels Sprouts Pineapple Birthday Cake	25  Cook's Choice!
28 Meatloaf with Gravy Mashed Potatoes Parsley Carrots Peaches	29 Goulash Wax Beans Broccoli Mandarin Oranges Chocolate Milk	30 Lemon Garlic Chicken Seasoned Brown Rice Asparagus Fruit Cocktail	31 Happy Halloween! Spook-etti with Meatballs Italian Blend Vegetables Tossed Salad Witches Broom Breadstick Pumpkin Parfait	Menu is Subject to Change Without Notice!