

November 2024

LEWIS COUNTY SENIOR NUTRITION PROGRAM




*To reserve your meal at a site, or cancel your HDM, call (315) 376-5313

The suggested contribution - \$3.50 Guest Fee - \$10.75

The Nutrition Program accepts cash, checks & food stamps

Copenhagen, Croghan, Harrisville, Lyons Falls & Lowville

***Menu is subject to change with notice**

Monday	Tuesday	Wednesday	Thursday	Friday (HDM/Takeout Only)
1% Milk Offered Daily				1 Vegetable Lasagna Butternut Squash Broccoli Tropical Fruit Cup Chocolate Chip Cookie
4 Beef Burgundy Sweet potatoes Brussel Sprouts Fresh Apple	5 Breaded Fish with Tartar Green Beans Leigh's Coleslaw with Grapes Pineapple	6 Chicken with Peach Glaze Mashed Potatoes Broccoli & Cauliflower Fruit Cocktail	7 Sweet & Sour Meatballs Brown Rice Oriental Vegetables Peaches	8 Beef Stew Peas Corn Muffin Pears
11  Veterans Day! VETERANS DAY CLOSED	12 Stuffed Cabbage Rolls Diced Beets Green Beans Pineapple Rye Bread	13 Egg & Cheese Omelet Home Fries Spinach Bran Muffin Applesauce	14 Chicken Salad Cold Plate Whole Wheat Roll Lettuce & Tomato Potato Salad Banana	15 Lemon Dill Fish Herb-Roasted Potatoes Asparagus Mandarin Oranges Oatmeal Raisin Cookie
18 Meatloaf with Gravy Mashed Potatoes Asparagus Grapes	19 Butternut Squash Soup Egg Salad Sandwich Mixed Vegetables Cinnamon Applesauce	20 Chicken & Biscuit Winter Squash Green Beans Mandarin Oranges	21 Thanksgiving Meal Turkey with Gravy Stuffing, Cranberry sauce Green Beans Pumpkin Cheesecake Dinner Roll	22 White Chicken Chili Brussel Sprouts Corn Muffin Yogurt with Fruit
25 Macaroni & Cheese Stewed Tomatoes Broccoli Fresh Apple	26 Sweet & Sour Pork with pineapple Seasoned Brown Rice Oriental Blend Vegetables Apple Crisp	27 Liver with Bacon & Onions Mashed Potatoes Glazed Carrots Fruit juice Chocolate pudding	28  Happy Thanksgiving! CLOSED	29 Cook's Choice!

Approved: 10/20/24

Amanda Woolnough MA, RDN, CDN