





DECEMBER

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/Take Out ONLY)
2 Chili Corn Muffin Green Beans Tropical Fruit Cup	3 Pulled Pork Boiled Potatoes Broccoli Bacon Salad Grapes	4 Chicken with Maple Mustard Glaze Peas Cauliflower Apricots	5 Hot Turkey Sandwich Brussels Sprouts Wax Beans Banana	6 Swiss Steak Mashed Potatoes Carrots Melon Oatmeal Raisin Cookie
9 Vegetable Beef Soup Egg Salad Sandwich Diced Beets Apple Crisp	10 BBQ Chicken Butternut Squash Green Beans Peaches	11 Lemon Dill Fish Corn Asparagus Mixed Berries	12 Turkey Salad Cold Plate Carrot Raisin Salad Tomato Cucumber Salad Grapes Whole Wheat Roll	13 Chicken Cordon Bleu Broccoli & Cauliflower Mandarin Oranges
16 Beef Sloppy Joe Whole Wheat Bun Three Bean Salad Brussel Sprouts Mixed Fruit Cup	17 Chicken Pot Pie Glazed Carrots Cauliflower Pineapple	18 Tuna Casserole Peas Peaches Yogurt	19 Holiday Meal Beef Tips with Gravy Mashed Potatoes Green Beans & Corn Whole Wheat Dinner Roll Cheesecake with Strawberries	20 Breaded Pork Sweet Potato Mixed Vegetables Cinnamon Applesauce
23 Goulash Italian Blend Vegetables Wax Beans Breadstick Peaches	24 Chicken & Biscuits Sweet Potatoes Green Beans Tropical Fruit Cup	25  Happy Holidays! CLOSED	26  CLOSED	27 Cook's Choice! 
30 Macaroni & Cheese Stewed Tomatoes Broccoli Applesauce	31 Chicken Teriyaki Seasoned Brown Rice Oriental Blend Vegetables Pineapple		 1% Milk Offered Daily	