






LEWIS COUNTY SENIOR NUTRITION PROGRAM

*To reserve your meal at a site, or cancel your HDM, call (315) 376-5313
 The suggested contribution - \$4.00 Guest Fee - \$10.95
 The Nutrition Program accepts cash, checks & food stamps
 Copenhagen, Croghan, Harrisville, Lyons Falls & Lowville

***Menu is subject to change without notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Home Delivered Meals Only)
2 Pork Cutlet Rice Pilaf Asparagus Tips Fresh Fruit	3 Spinach & Mushroom Quiche Home Fries Cottage Cheese & Peaches	4 Grilled Chicken Sandwich With Lettuce & Tomato Sweet Potatoes Broccoli Yogurt with Fruit	5 Open Face Turkey Sandwich Mashed Potatoes & Gravy Corn Grapes	6 Baked Fish Scandia Seasoned Rice Capri Blend Vegetables Clementines
9 Spaghetti & Meatballs Tossed Salad Baked Apples Breadstick	10 Chicken Stir Fry Brown Rice Fresh Fruit	11 Turkey Tetrazzini Green Beans Carrots Grapes	12 Father's Day Meal BBQ Pulled Pork Sandwich Baked Beans Asparagus Cook's Choice Dessert	13 Chicken & Biscuits Mashed Potatoes Peas & Corn Fresh Fruit
16 Meatloaf Mashed Potatoes Green Beans & Red Peppers Cinnamon Applesauce	17 Chicken & Rice Soup Half Tuna Salad Sandwich Diced beets Hot Pears	18 Italian Sausage With Onions and Peppers Italian Mixed Vegetables Fresh Fruit Ice Cream	19  (Meal Sites and Offices Closed)	20 Breaded Fish Sandwich Capri Blend Vegetables Fruit Cup
23 Roast Turkey with Gravy Stuffing Green Beans Carrots Clementines	24 Cheeseburger Sweet Potato Fries Broccoli Fresh Fruit	25 Ham Cold Plate Whole Wheat Roll Lettuce & Tomato Broccoli & Bacon Salad Banana	26 Chicken Cobb Salad with egg, cucumber, tomato, cheese, croutons and Balsamic dressing Pudding Parfait with Fruit	27 Cook's Choice! 
30 Berry Pancakes Turkey Sausage Breakfast potatoes with onions and peppers Fresh Fruit			1% Milk Offered Daily	