


## 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 - \$11.00

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)
1 <b>Happy Labor Day!</b> Meal Sites and Offices Closed	2 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Broccoli Applesauce	3 <b>Chicken Teriyaki</b> Brown Rice Oriental Blend Vegetables Apricots	4 <b>Turkey Salad Cold Plate</b> Carrot Raisin Salad Tomato Cucumber Salad Fresh Fruit Oatmeal Raisin Cookie	5 <b>Tuna Noodle Casserole</b> Diced Beets Peas Peaches
8 <b>Beef Sloppy Joes</b> Broccoli & Cauliflower Fruit Fluff	9 <b>Chicken Broccoli Bake</b> Glazed Carrots Herb Roasted Potatoes Fruit Cup	10 <b>Baked Ham</b> Sweet Potatoes Green Beans Fresh Fruit	11 <b>Turkey with Gravy</b> Stuffing Asparagus Tips Clementines	12 <b>Egg &amp; Cheese Strata</b> Spinach Bran Muffin Tropical Fruit Cup LS V8 Juice
15 <b>Meatloaf with Gravy</b> Mashed Potatoes Green Beans Peaches	16 <b>Spaghetti &amp; Meatballs</b> Italian Blend Vegetables Hot Pears Breadstick	17 <b>Chicken with Maple Mustard Glaze</b> Rosie's Peas with Mushrooms Cauliflower Grapes	18 <b>Philly Cheese Steak</b> Herb Roasted Potatoes Capri Blend Vegetables Mixed Berries Birthday Cake	19 <b>Breaded Fish with Tartar</b> Stewed Tomatoes Leigh's Coleslaw with Grapes Cook's Choice Bread Applesauce
22 <b>Beef Stew</b> Green beans Corn Muffin Fruit Cocktail	23 <b>Goulash</b> Wax Beans Italian Vegetables Mandarin Oranges Chocolate Milk	24 <b>Turkey Chili</b> Broccoli Cornbread Mixed Berries Chocolate Pudding	25 <b>BBQ Sauce Chicken</b> Sweet Potatoes Mixed Vegetables Banana	26 <b>Cook's Choice!</b>
29 <b>Parmesan Crusted Chicken</b> Mashed Potatoes Asparagus Tips Fresh Fruit	30 <b>Roast Pork</b> Butternut Squash Brussel Sprouts Yogurt with Fruit			<b>1% Milk Offered Daily</b>

Approved: 8/16/25

Amanda Woolnough MA, RDN, CDN