






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% Milk Offered Daily		1 Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Apple Crisp	2 Hot Turkey Sandwich Roasted Carrots Diced Beets Fresh Fruit	3 Swiss Steak Mashed Potatoes Broccoli and Red Peppers Fruit Cup
6 Egg Salad on a Roll Three Bean Salad Broccoli & Bacon Salad Fresh Fruit	7 Blueberry Pancakes Sausage Hashbrowns Cottage Cheese with Peaches <i>Lewis County Maple Syrup</i>	8 Breaded Fish with Tarter Mixed Vegetables Coleslaw Fresh Fruit	9 Spanish Rice Black Beans Corn Fruit Cup	10 Creamy Tomato Soup Tuna Sandwich Broccoli Applesauce Oatmeal Raisin Cookie
13  Offices Closed	14 Chicken Pot Pie Green Beans Cauliflower Fresh Fruit	15 Breaded Pork Potato with Sour Cream Asparagus Fresh Fruit	16 Chicken Breast with Mushroom Gravy Wild Rice Mixed Vegetables Mixed Berries Ice cream	17 Lasagna Broccoli Diced Beets Fruit Cup
20 Meatloaf with Gravy Mashed Potatoes Peas Fruit Cup	21 BBQ Chicken Brown Rice Asparagus Applesauce	22 Turkey with Gravy Stuffing Broccoli Fruit Cup	23 Beef Stroganoff over Noodles Glazed Carrots Italian Vegetables Fresh Fruit Birthday Cake	24 Butternut Squash Soup Deli Sandwich Brussel Sprouts Cottage cheese & Peaches
27 Spaghetti with Meatballs Italian Blend Vegetables Tossed Salad Breadstick Fresh Fruit	28 Lemon Dill Fish Sweet Potatoes Spinach Fruit Cup	29 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Fruit	30 Oktoberfest Meal! Sweet Sausage Salt Potatoes Cabbage Salad Hot Apple Dessert	31  HALLOWEEN Cook's Choice!

Approved: 9/19/25

Amanda Woolnough MA, RDN, CDN