



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 Chicken with Maple Mustard Glaze Seasoned Rice Peas & Carrots Apricots	2 Pulled Pork Herb Roasted Potatoes Broccoli & Red Peppers Mandarin Oranges	3 Open Face Turkey Sandwich Mashed Potatoes Green Beans Pineapple	4 Beef Sloppy Joe Whole Wheat Bun Brussel Sprouts Harvard Beets Fruit Cup	5 Breaded Pork Mashed Sweet Potatoes Spinach Cinnamon Applesauce Chocolate Chip Cookie
8 Meatloaf Mashed Potatoes & Gravy Broccoli & Cauliflower Peaches	9 BBQ Chicken Butternut Squash Asparagus Fruited Yogurt	10 Goulash Italian Blend Vegetables Breadstick Strawberry Applesauce	11 Turkey Salad Cold Plate Three Bean Salad Tomato Cucumber Salad Banana Birthday Cake Whole Wheat Roll	12 Chili Corn Muffin Green Beans Tropical Fruit Cup
15 Chicken Pot Pie Brussel Sprouts Honey Glazed Carrots Pineapple	16 Egg & Vegetable Strata Breakfast Potatoes Spinach 100% Orange Juice Bran Muffin	17 Lemon Dill Fish Mashed Sweet Potatoes Asparagus Fruit Cup Chocolate Milk	18 Holiday Meal Beef Tips with Mashed Potatoes Green Beans & Baby Carrots Whole Wheat Dinner Roll Cheesecake with Cherry Topping	19 Cook's Choice Soup Egg Salad Sandwich Diced Beets Warm Apples
22 Tuna Casserole Stewed Tomatoes Warm Cinnamon Pears Pudding	23 Chicken Cordon Bleu Broccoli & Cauliflower Peach Crisp 	24 Hot Meatball Sub Herb Roasted Potatoes Mixed Vegetables Fruit Cup Office Closes at Noon! Meal Sites Closed!	25 Merry Christmas! (Office & Sites Closed) 	26 Cook's Choice!
29 Macaroni & Cheese Stewed Tomatoes Broccoli Apricots	30 Salisbury Steak with Mushroom Gravy Mashed Potatoes Spinach Applesauce	31 Chicken Teriyaki Seasoned Brown Rice Oriental Blend Vegetables Pineapple		1% Milk Offered Daily

Approved: 11/7/25

Amanda Woolnough MA, RDN, CDN