



## 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)
2 <b>Chicken &amp; Biscuits</b> Broccoli Corn Peaches	3 <b>Sausage &amp; Egg Sandwich</b> Home Fries with Peppers Spinach Orange Juice Pudding	4 <b>Three Bean Chilli</b> Carrots Cornbread Warm Pears	5 <b>Meatloaf with Gravy</b> Mashed Potatoes Asparagus Banana	6 <b>Swedish Meatballs</b> Noodles Brussel Sprouts Warm Applesauce
9 <b>Stuffed Pepper Soup</b> Green Beans Corn Muffin Fruit Cup	10 <b>Chicken Broccoli Bake</b> Carrots Baked Apples	11 <b>Broiled Haddock</b> Baked Potato Asparagus Peaches	12 <b>Valentine's Day Meal!</b> <b>Chicken Parmesan over Pasta</b>  Italian Vegetables Garlic Bread Raspberries over Chocolate Cake	13 <b>Beef &amp; Broccoli</b> Brown Rice Sauteed Peppers Fruited Yogurt
16  <i>HAPPY Presidents' Day</i> <b>Sites &amp; Offices Closed</b>	17 <b>Macaroni and Cheese</b> Stewed Tomatoes Brussel Sprouts Grapes Chocolate Milk	18 <b>Pork Stir Fry</b> Seasoned Rice Green Beans & Red Peppers Apricots	19 <b>Chicken Salad Cold Plate</b> Veggie Pasta Salad Broccoli Bacon Salad Birthday Cake with Berry Topping	20 <b>Tomato Basil Fish</b> Herb Roasted Potatoes Asparagus Mandarin Orange
23 <b>Spaghetti &amp; Meatballs</b> Broccoli Warm Garlic Bread Pears	24 <b>Creamy Tomato Soup</b> Tuna Salad Sandwich Zucchini Apple Crisp	25 <b>Baked Ham</b> Scalloped Potatoes Carrots Rye Bread Pineapple	26 <b>Turkey with Gravy</b> Stuffing Yellow Wax Beans Banana Dinner Roll	27 <b>Cook's Choice!</b>
				<b>1% Milk Offered Daily</b>