


12:00 Noon

Name: _____

\$3.50 Contribution

Monday	Wednesday	Friday
		<p>PLEASE CIRCLE DATES YOU WANT TO RESERVE FOR LUNCH</p> <p>ALL MEALS SERVED WITH MILK All Soups served with Crackers</p> <p>Call 248-6235 to reserve</p>
	<p>Goodwill Closed 1 No Meal Served</p>	<p>Seafood Salad 3 w/Lettuce & Tomato on Whole Wheat Bread Minestrone Soup Fresh Apple</p>
<p>Sweet & Sour Pork 6 Over Rice Stir Fry Vegetables Peaches</p>	<p>Tuna Salad w/Lettuce & Tomato 8 On Pita Bread Tossed Salad w/ Italian Dressing Tropical Fruit</p> <p><i>Cindy Rapp</i> "10 Top Tips for a Healthy 2025"</p>	<p>Grilled Cheese 10 On Whole Wheat Bread Tomato Soup Peas & Carrots Apple Cookie</p>
<p>Cheese Pizza 13 Tossed Salad w/Italian Dressing Grape Juice Applesauce</p>	<p>Spinach Tortellini Salad 15 Potato Leek Soup Peaches</p>	<p>Chicken Parmesan 17 Pasta w/Sauce Italian Blend Vegetables Kiwi</p>
<p>Goodwill Closed 20 No Meal Served</p>	<p>Beef Barley Soup 22 Baked Potato w/ Broccoli, Cheese & Sour Cream Pudding</p>	<p>Quiche Lorraine 24 Zucchini Carrots Tropical Fruit Lemon Loaf</p>
<p>Turkey Tetrazzini 27 Over Pasta Peas Dinner Roll Pineapple</p>	<p>Chicken Salad 29 w/Lettuce & Tomato on a Croissant Baby Carrots Peaches</p>	<p>Macaroni & Cheese 31 Stewed Tomatoes Broccoli Coffee Cake</p>



Certified by Michelle Koch Blood, RD – 10/29/2024

No person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.

