



SUGGESTED CONTRIBUTION PER MEAL IS:
\$3.00 FOR CONGREGATE **\$4.00 FOR HOME DELIVERED**

CHECKS MAY BE MADE PAYABLE TO:

CORTLANDT NUTRITION PROGRAM
MURIEL H. MORABITO COMMUNITY CENTER
29 WESTBROOK DR.

Bus & Lunch ORDERS &/or CANCELLATIONS must be made before 11am the business day before 528-5164

		<u>WEDNESDAY 01</u> Pork Chop w/ Sauerkraut Roasted Potatoes Mixed Vegetables Pineapple Chunks	<u>THURSDAY 02</u> Curry Chicken Brown Rice Spinach Juice Coffee Cake	<u>FRIDAY 03</u> Meatloaf w/ Gravy Sweet Potatoes Cauliflower & Peas Fruit Cocktail
<u>MONDAY 6</u> Italian Chicken Sausage Peas Mushrooms & Onions Pineapple Chunks	<u>TUESDAY 7</u> Mexican Beef Skillet Red Beans & Rice Latin Green Beans Vanilla Pudding	<u>WEDNESDAY 8</u> Stuffed Shells Broccoli Florets w/ Chickpeas Fruit	<u>THURSDAY 9</u> Flounder Oreganata Sweet Potatoes Zucchini Mandarin Oranges	<u>FRIDAY 10</u> Chicken Cordon Bleu Au Gratin Potatoes Spinach Carrot Cake
<u>MONDAY 13</u> Salisbury Steak w/ Gravy Roasted Potatoes Carrots Fruit Cocktail	<u>TUESDAY 14</u> Roast Turkey w/ Gravy Mushroom Onion Stuffing Mixed Vegetables Peaches	<u>WEDNESDAY 15</u> Curry Chicken Aloo Gobi Spinach Coconut Cake	<u>THURSDAY 16</u> Eggplant Parmigiana Whole Wheat Penne Tossed Salad w/ Chickpeas Fruit	<u>FRIDAY 17</u> Breaded Pork Chop w/ Gravy Harvard Beets Green Beans Fruit
<u>MONDAY 20</u> Macaroni & Cheese Cauliflower w/ Peas Green Beans Fruit	<u>TUESDAY 21</u> Meatloaf w/ Gravy Mashed Sweet Potatoes Green Cabbage Peaches	<u>WEDNESDAY 22</u> Flounder Piccata Lentil Pilaf Mediterranean Vegetables Fruit	<u>THURSDAY 23</u> Asian Pork & Peppers Brown Rice Broccoli Florets Mandarin Oranges	<u>FRIDAY 24</u> BBQ Pulled Chicken Baked Beans Coleslaw Brownie
<u>MONDAY 27</u> 	<u>TUESDAY 28</u> Crispy Baked Fish Black Beans & Corn Collard Greens Fruit	<u>WEDNESDAY 29</u> Chef Salad: Ham, Turkey, Cheese & Lettuce Carrot Raisin Salad Fruit	<u>THURSDAY 30</u> Swedish Meatballs Buttered Noodles Mixed Vegetables Peaches	<u>FRIDAY 31</u> Chicken Ratatouille Buttered Brown Rice Tossed Salad Cake

*****MEAL SELECTIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE*****