



12:00 Noon

\$3.50 Contribution

Monday	Wednesday	Friday
<p><u>Please Make Reservations</u> <u>Two Weeks In Advance</u></p> <p>All Lunches served at the Pittsford Community Center CALL 248-6235</p>		<p>PLEASE CIRCLE DATES</p> <p>YOU WANT TO RESERVE</p> <p>FOR LUNCH</p>
<p>All meals served with Milk</p> <p>Soup served with Crackers</p>		<p>Beef Taco Rice Bowl w/ Cheese 1 Lettuce, Tomato, Picante Sauce, Sour Cream Black Bean and Corn Salsa Tortilla Chips Tropical Fruit Mix</p>
<p>Chicken Breast w/ Mayo on Bun 4 Split Pea Soup Saltine Crackers Yellow Squash Mandarin Oranges</p>	<p>Stuffed Pepper 6 Lima Beans Carrots Fruit Cocktail Trail Mix <i>Dan Lyon, Lifespan</i> <i>"Name that Scam-Holiday Version"</i></p>	<p>8</p> <p>SALUTE TO SENIORS HOLIDAY BALL NO LUNCH SERVED</p>
<p>Cod w/ Tartar Sauce 11 Mashed Sweet Potatoes Mixed Vegetables Tropical Fruit Mix] Cookie</p> <p><i>Vocal Jazz Singers from</i> <i>Sutherland High School</i></p>	<p>Chicken Fajitas w/ Lettuce, Tomato, Cheddar Cheese, Picante Sauce & Sour Cream 13 Corn Whole Wheat Tortillas Fresh Orange Sherbet <i>Falls Prevention in Winter Weather</i></p>	<p>Chicken Picata 15 Mashed Winter Squash Spinach Wheat Dinner Roll Cake Apple Juice <i>Cindy Rapp</i> <i>MCOFA</i> <i>"What we know about Eggs"</i></p>
<p>Sloppy Joes on Bun 18 Cauliflower Peas Pineapples Pudding w/ Whipped Topping</p>	<p>Holiday Meal 20 Pork Loin Mashed Potatoes w/ Gravy Prince Edward Blend Vegetables Wheat Dinner Roll Pie Grape Juice <i>Music Program</i></p>	<p>Meatloaf w/ Gravy 2 Boiled Potatoes California Blend Vegetables Bran Muffin Fresh Apple</p>
<p>25</p> <p>HOLIDAY SENIOR CENTER CLOSED NO LUNCH SERVED</p>	<p>2</p> <p>HAPPY HOLIDAYS SENIOR CENTER CLOSED NO LUNCH SERVED</p>	<p>29</p> <p>HAPPY HOLIDAYS SENIOR CENTER CLOSED NO LUNCH SERVED</p>

Certified by Jackie Williams, RD - 10/6/2023



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.

