

**February
2023**

**Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program**

Mon	Tue	Wed	Thu	Fri
		1 Roast Pork with Gravy	2 Chicken Cordon Bleu	3 Beef Burgundy
6 Sweet & Sour Chicken	7 Stuffed Peppers	8 Pulled Pork Sandwich	9 Swiss Steak	10 Bbq Chicken
13 Sloppy Joe	14 Parmesan Baked Fish	15 Stuffed Cabbage	16 Hamburger	17 Congregate Meal Sites CLOSED
20 Congregate Meal Sites CLOSED	21 Macaroni & Cheese	22 Chicken & Biscuits	23 Beef & Cheese Steak	24 Fish Sandwich
27 Scalloped Potatoes with Ham	28 Salisbury Steak			

Menu Subject to change without notice

**Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up.**