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| 3  HAWAIIN HAM  SWEET POTATO  MIXED VEGETABLE  FRUIT SALAD  WHEAT BREAD  MILK | 4  MEATBALL SUB  W/SESAME SEED BUN  ITALIAN VEGGIES  BAKED SWEET POTATO  YOGURT W/ FRUIT  MILK | 5  MEATLOAF  MASHED POTATO  BABY CARROTS  FRUIT COCKTATIL  WHEAT BREAD  MILK | 6  ROAST PORK W/ HONEY MUSTARD  MASH SWEET POTATO  CALIFORNIA BLEND  FRUIT SALAD  WHEAT BREAD / MILK | 7 CLOSED ANNUAL  ACAP CONFERENCE  SMOTHERED CHICKEN  RED POTATO  SPINACH |
| 10  SPAGHETTI W/MEATSAUCE  MIXED VEGGIE  BROWNIE /MILK  APPLE JUICE  WHEAT BREAD | 11  TACO SALAD  BANANA  WHEAT BREAD  MILK | 12  TERIYAKI BEEF TIPS  BOW TIE PASTA  WAX BEANS  OATMEAL COOKIE  ORANGE JUICE  WHEAT BREAD / MILK | 13  CUBE STEAK W/  MUSHROOM GRAVY  ROASTED POTATOES CAPRI VEGETABLES  APPLESAUCE  WHEAT BREAD/ MILK | 14  CHICKEN SALAD  LETTUCE/ TOMATO  WHEAT HAMB BUN  POTATO SALAD  HONEYDEW MELON  MILK |
| 17  CHICKEN ALA KING  EGG NOODLE  SPINACH  CAN PEACHES  WHEAT DINNER ROLL  MILK | 18  CHILI  CORN BREAD  CUCUMBER SALAD  FRUITED JELLO  MILK | 19  CLOSED  PANCAKE SAUSAGE  EGG SLIDER  CUBE POTATO  SPINACH | 20  BAKED HADDOCK  W/PINEAPPLE SALSA  SWEET POTATO SALAD  YELLOW SQUASH  YOGURT PARFAIT  WHEAT BREAD/ MILK | 21  BAKED ZITI  MIXED VEGETABLES  COTTAGE CHEESE  W/ FRUIT  SIDE SALAD  WHEAT BREAD/ MILK |
| 24  BAKED PORK CHOPS  SWEET POTATO  GREEN BEANS  APPLESAUCE  WHEAT BREAD / MILK | 25  SWISS BURGERS  W/ WHEAT HB BUN  RED POTATOES  BROCCOLI  LETTUCE/TOMATO  BROWNIE/MILK  APPLE JUICE | 26  CHICKEN STIR FRY  RICE  FORTUNE COOKIE  PINEAPPLE UPSIDE DOWN CAKE  MILK | 27  PHILLY CHEESE STEAK  MACARONI SALAD  SPINACH  BUTTERSCOTCH PUDDING  APPLEJUICE/MILK  WHEAT HAMB. BUN | 28  SPANISH RICE  W/GREEN PEPPERS  GRAPES  WHEAT BREAD  MILK |
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IMPORTANT POLICY\* Be home between 830am/130pm to receive your meals If you will not be home please call 962-2730or 873-3695 to cancel. Also can leave a note if you won’t be home. All home Delivered meal cancelations will be on WPTZ channel 5. Reheating meal: Vent the plastic sections with a fork or pull up a corner of each section to vent. Caution steam will be hot. To Microwave heat meal 2-3 min on high or until the food reaches a temp of 165. To heat in the stove place on cookie sheet in middle of oven at 365 for 20 to 25 min, until the food reaches a temp of 165. Suggested donation is 3.50. No older adult will be denied services due to inability or unwillingness to contribute. Services and funding provided in whole or by part, by US Department of Health & Human Services, Administration on aging, New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis available upon request. If you have a food allergy please notify us. Allergen information is available on prepared foods.