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| 3HAWAIIN HAMSWEET POTATOMIXED VEGETABLE FRUIT SALAD WHEAT BREAD MILK | 4MEATBALL SUB W/SESAME SEED BUNITALIAN VEGGIES BAKED SWEET POTATOYOGURT W/ FRUIT MILK | 5MEATLOAF MASHED POTATOBABY CARROTS FRUIT COCKTATIL WHEAT BREAD MILK | 6ROAST PORK W/ HONEY MUSTARDMASH SWEET POTATOCALIFORNIA BLEND FRUIT SALAD WHEAT BREAD / MILK | 7 CLOSED ANNUAL  ACAP CONFERENCE SMOTHERED CHICKENRED POTATOSPINACH |
| 10 SPAGHETTI W/MEATSAUCE MIXED VEGGIE BROWNIE /MILKAPPLE JUICE WHEAT BREAD  | 11TACO SALAD BANANAWHEAT BREAD MILK | 12TERIYAKI BEEF TIPSBOW TIE PASTA WAX BEANS OATMEAL COOKIE ORANGE JUICE WHEAT BREAD / MILK | 13CUBE STEAK W/MUSHROOM GRAVYROASTED POTATOES CAPRI VEGETABLES APPLESAUCEWHEAT BREAD/ MILK | 14CHICKEN SALAD LETTUCE/ TOMATOWHEAT HAMB BUNPOTATO SALAD HONEYDEW MELONMILK |
| 17CHICKEN ALA KING EGG NOODLE SPINACH CAN PEACHES WHEAT DINNER ROLLMILK | 18CHILI CORN BREAD CUCUMBER SALAD FRUITED JELLOMILK | 19  CLOSED PANCAKE SAUSAGE EGG SLIDER CUBE POTATOSPINACH | 20BAKED HADDOCKW/PINEAPPLE SALSASWEET POTATO SALAD YELLOW SQUASH YOGURT PARFAIT WHEAT BREAD/ MILK | 21BAKED ZITIMIXED VEGETABLES COTTAGE CHEESE W/ FRUITSIDE SALAD WHEAT BREAD/ MILK |
| 24BAKED PORK CHOPSSWEET POTATOGREEN BEANS APPLESAUCE WHEAT BREAD / MILK | 25SWISS BURGERS W/ WHEAT HB BUNRED POTATOES BROCCOLI LETTUCE/TOMATOBROWNIE/MILKAPPLE JUICE  | 26CHICKEN STIR FRYRICE FORTUNE COOKIE PINEAPPLE UPSIDE DOWN CAKEMILK | 27PHILLY CHEESE STEAKMACARONI SALAD SPINACHBUTTERSCOTCH PUDDINGAPPLEJUICE/MILK WHEAT HAMB. BUN | 28SPANISH 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.