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|   |  |  | 1PORK CHOP W/GRAVYROASTED RED POT. GREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIE/ MILKWHEAT BREAD  | 2BBQ CHICKENSWEET POTATOZUCCHINIWATERMELONYOGURT W/STRAWBERRY AND BLUEBERRY /MILKWHEAT BREAD  |
| 5SPANISH RICEW/ GREEN PEPPEROATMEAL COOKIE GRAPESWHEAT BREAD /MILK | 6CHICKEN FRIED CHICKEN /COUNTRY GRAVY/ MASHED POTATO/CALIFORNIA BLEND /PEAR HALFWHEAT BREAD/MILK | 7SALMON RICEASPARAGUSSTRAWBERRIES W/FRUIT DIPWHEAT BREAD/MILK | 8CHICKEN CEASAR SALADCROUTONS HARD BOILED EGGAPPLE CRISPMILK | 9PANCAKE SAUSAGE SLIDER RED POTATOESSPINACHFRUIT SALAD MILK |
| 12SAUSAGE AND PEPPERSWHEAT HOT DOG BUNSWEET POTATOPINEAPPLE CHUNKS MILK | 13TURKEY W/GRAVYMASHED POTATOBRUSSEL SPROUT APPLE PIE WHEAT BREAD/ MILK | 14CHICKEN FAJITAS RICE CHOCOLATE CHIP COOKIE CANTALOUPE / MILK | 15SPAGHETTI W/TURKEY MEATBALLSITALIAN VEGGIECOTTAGE CHEESE W/FRUIT WHEAT BREAD / MILK | 16MICHAGANBAKED BEANSCUCUMBER SALADWATERMELON WHEAT BUN/MILK |
| 19COCONUT CRUSTED CHICKEN PASTA SALAD BROCCOLIYOGURT PARFAIT WHEAT BREAD / MILK | 20GAZPACHOTURKEY SANDWICH ON WHEAT BREAD APPLESAUCE MILK | 21TACO SALAD BANANAWHEAT BREAD MILK | 22TUNA W/TOMATOWHEAT BREAD SLICED CUCUMBERSAPRICOTSMILK | 23BAKED HADDOCK SWEET POTATOBROCCOLIRASPBERRIES W/CREAMWHEAT BREAD / MILK |
| 26STUFFED SHELLS W/SAUSAGE ITALIAN VEGGIE SIDE SALAD YOGURT PARFAIT WHEAT BREAD/MILK | 27CHICKEN W/BASIL PASTA STEWED TOMATOFRUIT SALAD WHEAT BREAD /MILK | 28MACARONI & CHEESE BROCCOLIGRAPES OATMEAL COOKIEWHEAT BREAD/ MILK | 29CHICKEN QUESADILLA RICE CHOCOLATE CHIP COOKIECANTALOUPE/MILK | 30PORK CHOP W/GRAVYRED POTATOESGREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIE WHEAT BREAD / MILK |

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 for prepared food items.

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