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|  |  |  | 1  PORK CHOP W/GRAVY  ROASTED RED POT.  GREEN BEANS  PINEAPPLE TIBDITS  PEANUTBUTTER COOKIE/ MILK  WHEAT BREAD | 2  BBQ CHICKEN  SWEET POTATO  ZUCCHINI  WATERMELON  YOGURT W/STRAWBERRY AND BLUEBERRY /MILK  WHEAT BREAD |
| 5  SPANISH RICE  W/ GREEN PEPPER  OATMEAL COOKIE  GRAPES  WHEAT BREAD /MILK | 6  CHICKEN FRIED CHICKEN /COUNTRY GRAVY/ MASHED POTATO/CALIFORNIA BLEND /PEAR HALF  WHEAT BREAD/MILK | 7  SALMON  RICE  ASPARAGUS  STRAWBERRIES W/FRUIT DIP  WHEAT BREAD/MILK | 8  CHICKEN CEASAR SALAD  CROUTONS  HARD BOILED EGG  APPLE CRISP  MILK | 9  PANCAKE SAUSAGE SLIDER  RED POTATOES  SPINACH  FRUIT SALAD  MILK |
| 12  SAUSAGE AND PEPPERS  WHEAT HOT DOG BUN  SWEET POTATO  PINEAPPLE CHUNKS  MILK | 13  TURKEY W/GRAVY  MASHED POTATO  BRUSSEL SPROUT  APPLE PIE  WHEAT BREAD/ MILK | 14  CHICKEN FAJITAS  RICE  CHOCOLATE CHIP COOKIE  CANTALOUPE / MILK | 15  SPAGHETTI W/TURKEY MEATBALLS  ITALIAN VEGGIE  COTTAGE CHEESE W/FRUIT  WHEAT BREAD / MILK | 16  MICHAGAN  BAKED BEANS  CUCUMBER SALAD  WATERMELON  WHEAT BUN/MILK |
| 19  COCONUT CRUSTED CHICKEN  PASTA SALAD  BROCCOLI  YOGURT PARFAIT  WHEAT BREAD / MILK | 20  GAZPACHO  TURKEY SANDWICH ON WHEAT BREAD  APPLESAUCE  MILK | 21  TACO SALAD  BANANA  WHEAT BREAD  MILK | 22  TUNA W/TOMATO  WHEAT BREAD  SLICED CUCUMBERS  APRICOTS  MILK | 23  BAKED HADDOCK  SWEET POTATO  BROCCOLI  RASPBERRIES W/CREAM  WHEAT BREAD / MILK |
| 26  STUFFED SHELLS W/SAUSAGE  ITALIAN VEGGIE  SIDE SALAD  YOGURT PARFAIT  WHEAT BREAD/MILK | 27  CHICKEN W/BASIL PASTA  STEWED TOMATO  FRUIT SALAD  WHEAT BREAD /MILK | 28  MACARONI & CHEESE  BROCCOLI  GRAPES  OATMEAL COOKIE  WHEAT BREAD/ MILK | 29  CHICKEN QUESADILLA  RICE  CHOCOLATE CHIP COOKIE  CANTALOUPE/MILK | 30  PORK CHOP W/GRAVY  RED POTATOES  GREEN BEANS  PINEAPPLE TIBDITS  PEANUTBUTTER 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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