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| 1MACARONI & CHEESEBROCCOLIGRAPES OATMEAL COOKIEWHEAT BREAD /MILK | 2CHICKEN QUESADILLARICECHOCOLATE CHIP COOKIECANTALOUPEMILK | 3PORK CHOP W/GRAVYROASTED RED POTATOGREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIEWHEAT BREAD /MILK | 4 CLOSED BBQ CHICKENSWEET POTATOZUCCHINI | 5SPANISH RICE W/ GREEN PEPPER GRAPES WHEAT BREAD MILK |
| 8CHICKEN FRIED CHICKEN COUNTRY GRAVY MASHED POTATOCALIFORNIA BLEND PEAR HALFWHEAT BREAD / MILK | 9SALMONRICE ASPARAGUS STRAWBERRIES W/ FRUIT DIPWHEAT BREAD / MILK | 10CHICKEN CEASER SALAD CROUTONSHARD BOILED EGG APPLE CRISPMILK  | 11PANCAKE SAUSAGE SLIDER RED POTATOES SPINACH FRUIT SALAD MILK | 12SAUSAGE AND PEPPERS WHEAT HOT DOG BUNSWEET POTATOPINEAPPLE CHUNKS MILK |
| 15TURKEY W/ GRAVYMASHED POTATOBRUSSEL SPROUTAPPLE PIE WHEAT BREAD /MILK | 16CHICKEN FAJITASRICECHOCOLATE CHIP COOKIE CANTALOUPE / MILK | 17SPAGHETTI W/ TURKEY MEATBALLSITALIAN VEGGIECOTTAGE CHEESE W/FRUITWHEAT BREAD / MILK | 18MICHIGANS BAKED BEANS CUCUMBER SALAD WATERMELON WHEAT BUN/ MILK | 19TACO SALAD BANANAWHEAT BREAD MILK |
| 22GAZPACHOTURKEY SANDWICH ONWHEAT BREAD APPLESAUCE MILK | 23COCONUT CRUSTED CHICKEN PASTA SALAD BROCCOLIYOGURT PARFAITWHEAT BREAD/MILK | 24TUNA SALAD W/ TOMATOWHEAT BREAD SLICED CUCUMBER APRICOTS MILK | 25BAKED HADDOCKSWEET POTATOBROCCOLIRASPBERRIES W/CREAMWHEAT BREAD/ MILK | 26CHICKEN W/BASIL PASTASTEWED TOMATOFRUIT SALAD WHEAT BREAD /MILK |
| 29STUFFED SHELLS W/SAUSAGE ITALIAN VEGGIE SIDE SALAD WHEAT BREAD/MILK | 30MACARONI & CHEESE BROCCOLIGRAPESOATMEAL COOKIEWHEAT BREAD/ MILK | 31CHICKEN QUESADILLARICECHOCOLATE CHIP COOKIE CANTALOUPE 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 on prepared foods.

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