

ACAP NUTRITION PROGRAM FOR THE ELDERLY JUNE 2019

FUNDED BY OFFICE OF THE AGING OPERATED BY ACAP MENU SUBJECT TO CHANGE WITHOUT NOTICE

3 CHICKEN/BISCUIT MASHED POTATO GREEN BEANS STRAWBERRIES W/ TOPPING MILK	4 POTATO/VEGETABLE SOUP EGG SALAD WHEAT DINNER ROLL PLUM MILK	5 MICHIGAN HOT DOG/ BUN POTATO SALAD COOKIE MILK	6 ST.SHELLS TOSSED SALAD GARLIC BREAD HONEYDEW MELON MILK	7 MEATLOAF/GR MASHED POTATO CARROTS GINGERBREAD/ TOPPING MILK
10 ROAST PORK/GR WHIPPED SWEET POTATO TURNIP CHOCOLATE CHIP COOKIE BR./ MILK	11 BAKED FISH RICE ITALIAN VEGETABLE WHEAT DINNER ROLL PEACHES MILK	12 CHEF SALAD HAM, TURKEY,EGG WHEAT DINNER ROLL BROWNIE MILK	13 FATHERS DAY BBQ RIBS BAKED BEANS COLESLAW WHEAT DINNER ROLL BOSTON CRÈME PIE MILK	14 BEEF STROGANOFF HERBED NOODLES WAX BEANS MIXED FRUIT CUP BR./MILK
17 BAKED FISH MAC/CHEESE SPINACH WHEAT DINNER ROLL MANDARIN ORANGES MILK	18 HOT TURKEY SANDWICH SNOW PEAS PEACH CRISP W/TOPPING MILK	19 SPAGHETTI MEAT SAUCE TOSSED SALAD GARLIC BREAD YUGURT PARFAIT MILK	20 GRILLED CHICKEN / BUN LETTUCE/TOMATO BAKED CUBED POTATO COLESLAW COOKIE MILK	21 HOT ROAST BEEF SANDWICH PEAS & CARROTS APPLE CRISP W/TOPPING MILK
24 BAKED HAM SCALLOPED POTATO SQUASH PINEAPPLE BR./ MILK	25 CHICKEN PARM ZITI TOSSED SALAD BREAD STICKS BANANA MILK	26 SHEPARDS PIE (veg / pot) MASHED POTATO WHEAT DINNER ROLL FRUIT SALAD MILK	27 CREAMY TOMATO SOUP TUNA SANDWICH LETTUCE/TOMATO PUDDING MILK	28 BBQ PORK CHOP MASHED POTATO PEAS APPLESAUCE BR./MILK
31 HAMBURGER/BUN LETTUCE/TOMATO BAKED BEANS AMBROSIA MILK				

IMPORTANT POLICY BE HOME BETWEEN 10:00am-1:30pm TO RECEIVE YOUR MEALS, IF YOU WILL NOT BE HOME PLEASE CALL 518-873-6457 BEFORE 9:00am, YOU ALSO MAY LEAVE A NOTE IF YOU WILL NOT BE HOME.