

ACAP NUTRITION PROGRAM FOR THE ELDERLY SEPTEMBER 2019

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

2 CLOSED LABOR DAY!!	3 PORK CHOP/GR MASHED POTATO PEAS APPLESAUCE WHEAT BR./ MILK	4 BAKED FISH RICE PLAF SUMMER SQUASH BLUEBERRIES/W TOPPING WHEAT BR./ MILK	5 GRILLED CHICKEN/ WHEAT HB ROLL LETTUCE/TOM CUBED POTATO COLESLAW COOKIE/ MILK	6 MEATLOAF/GR MASHED POTATO CARROTS GINGERBREAD/ TOPPING WHEAT BR./ MILK
9 CHEF SALAD HAM,TURKEY,EGG WHEAT DINNER ROLL BROWNIE MILK	10 BBQ RIBS PASTA SALAD WHOLE WHEAT ROLL VAN.IC/STRAWBERRIES MILK	11 BEEF STROGANOFF HERBED NOODLES WAX BEANS MIXED FRUIT CUP WHEAT BR./MILK	12 SALISBURY STEAK/GR RICE SUMMER SQUASH TAPIOCA PUDDING WHEAT BR./ MILK	13 ROAST PORK/ GR SWEET POTATO CAULIFLOWER CAKE WHEAT BR./ MILK
16 SPAGHETTI/ MEAT SAUCE TOSSED SALAD GARLIC BREAD YOGURT PARFAIT MILK	17 CHICKEN SALAD WHEAT DINNER ROLL TOM/CUKE SALAD HONEYDEW MELON MILK	18 ITALIAN SAUSAGE /PEPPERS, ONIONS WHEAT HD ROLL APPLE WALDORF SALAD WATERMELON/ MILK	19 BBQ CHICKEN MACARONI SALAD WHEAT DINNER ROLL FRESH FRUIT SALAD MILK	20 HOT TURKEY/GR STUFFING MASHED POTATO SQUASH PEACH CRISP W/TOPPING MILK
23 ROAST BEEF/ GR BOILED POTATO COLESLAW WHEAT DINNER ROLL COOKIE MILK	24 BAKED HAM SCALLOPED POTATO SQUASH PINEAPPLE WHEAT BR./ MILK	26 HOMEMADE MEATBALL MAC/CHEESE BEETS WHEAT DINNER ROLL MAN. ORANGES MILK	27 CHICKEN/BISCUIT MASHED POTATO GREEN BEANS STRAWBERRY CRISP/ TOPPING MILK	28 MICHIGAN HOT DOG/ WHEAT HD ROLL POTATO SALAD COOKIE MILK
30 ST SHELLS TOSSED SALAD WHEAT BREAD STICK APPLE MILK				

\*IMPORTANT POLICY\* BE HOME BETWEEN 10:00am-1:30pm TO RECEIVE YOUR MEALS,IF YOU WILL NOT BE HOME PLEASE CALL 518-873-3695 BEFORE 9:00am, YOU CAN ALSO LEAVE A NOTE IF YOU WILL NOT BE HOME. WHEN HEATING, VENT THE PLASTIC SECTIONS WITH A FORK OR PULL BACK A CORNER OF EACH SECTION TO VENT. CAUTION!! STEAM WILL BE VERY HOT!!!

TO HEAT IN MICROWAVE:HEAT MEAL 2-3 MINUTES ON HIGH OR UNTIL THE FOOD REACHES A TEMPERATURE 165 DEGREES

TO HEAT IN OVEN PLACE THE MEAL ON A COOKIE SHEET IN THE MIDDLE OF THE OVEN AT 350 DEGREES FOR 20 TO 25 MINUTES OR UNTIL FOOD REACHES A TEMPERATURE OF 165 DEGREES.