

# ACAP NUTRITION PROGRAM MENU FOR MARCH 2020

**FUNDED BY OFFICE OF THE AGING OPERATED BY ACAP MENU SUBJECT TO CHANGE W/O NOTICE**

**ALL HOME DELIVERED MEAL CANCELLATIONS WILL BE ON WPTZ CHANNEL 5**

**DURING LENT WE CAN CHANGE MEAT TO FISH**

2 CHICKEN TENDERS OVEN BROWN POTATO PEAS & CARROTS COOKIE WHEAT BR/ MILK	3 MEATLOAF/GR. MASHED POTATO CARROTS GINGERBREAD WHEAT BREAD/MILK	4 BAKED ZITI W/ MEAT CHEESE ITALIAN GREEN BEANS GARLIC BREAD FRUIT/MILK	5 SWEET & SOUR PORK RICE JAPANESE BLEND WHEAT DINNER ROLL APRICOTS/MILK	6 BBQ CHICKEN BAKED BEANS VEGETABLE WHEAT BREAD FRUIT/MILK
9 ST SHELLS W/MEAT SAUCE WAX BEANS WHEAT BREAD STICK APPLE/MILK	10 BEEF STEW W/POTATO,MIXED VEGETABLE CORN BREAD FRUIT/MILK	11 BAKED FISH MAC & CHEESE BEETS WHEAT DINNER ROLL MAN. ORANGES/MILK	12 TERIYAKI PORK CHOP FAJITA RICE PEAS SUGAR COOKIE WHEAT BR./MILK	13 MICHIGAN HOT DOG WHEAT HD ROLL OVEN BROWN POTATO, CORN APPLESAUCE/MILK
16 BAKED FISH RICE CAPRI BLEND WHEAT DINNER ROLL FRUIT /MILK	17 ST.PATRICKS CORN BEEF,CABBAGE RED POTATO,BABY CARROTS WHEAT DINNER ROLL GREEN CAKE/MILK	18 HOT TURKEY/ GR. SANDWICH WHEAT BREAD PEAS PEACH CRISP/ MILK	19 CHICKEN POT PIE CASSEROLE BEETS WHEAY DINNER ROLL ORANGE/MILK	20 BACON BRUNCH CASSEROLE MANDARIN ORANGE SALAD WHEAT BREAD/MILK
23 TOMATO SOUP SWISS CHEESE SANDWICH PUDDING /MILK	24 SHEPARDS PIE MASHED POTATO WHEAT DINNER ROLL PINEAPPLE/MILK	25 CHICKEN/BISCUIT MASHED POTATO GREEN BEANS STRAWBERRIES/MILK	26 CHILI W/CARROTS RICE CORN BREAD FRUIT/MILK	27 HAMBURGER/ CHEESE WHEAT HB ROLL OVEN BROWNE POTATO FRUIT/MILK
30 BBQ CHICKEN BAKED BEANS VEGETABLE WHEAT DINNER ROLL FRUIT/MILK	31 BEEF STEW W/POTATO, MIXED VEGETABLE CORN BREAD FRUIT/MILK			

**\*IMPORTANT POLICY\* BE HOME BETWEEN 8:30am – 1:30pm TO RECEIVE MEALS. IF YOU WILL NOT BE HOME PLEASE CALL 518-962-2730 OR 518-873-3695 BEFORE 9:00am TO CANCEL. ALSO YOU CAN LEAVE A NOTE IF YOU WONT BE HOME.**

**REHEATING MEAL: VENT THE PLASTIC SECTIONS WITH A FORK OR PULL BACK CORNER OF EACH FOOD SECTION TO VENT: CAUTION!!!! STEAM WILL BE VERY HOT! TO HEAT IN MICROWAVE: HEAT MEAL 2-3 MINUTES ON HIGH OR UNTIL FOOD REACHES TEMP OF 165. TO HEAT IN OVEN PLACE MEAL ON COOKIE SHEET IN MIDDLE OF OVEN AT 350 DEGREES FOR 20 TO 25 MINUTES OR UNTIL TEMP REACHES 165 DEGREES**