

ACAP NUTRITION PROGRAM MENU October 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

			1 MEATBALL SUB ITALIAN BLEND VEG WHEAT SUB ROLL MANDARIN ORANGES MILK	2 CHICKEN/BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL CHOCOLATE MOUSSE MILK
5 GRILLED CHICKEN MASHED POTATO MIXED VEGETABLE FRUIT BREAD /MILK	6 CHILI RICE CORN CORN BREAD CARROT CAKE MILK	7 ROAST PORK CHOP MAC & CHEESE STEWED TOMATO+ ZUCC APPLE CRISP BREAD/MILK	8 TURKEY VEG SOUP TUNA FISH LETT/TOMATO WHEAT ROLL GINGERBREAD CAKE W/APRICOT MILK	9 BAKED HADDOCK EGG NOODLE ZUCCHINI PEACH HALF /COTTAGE CHEESE BREAD/ MILK
12 CLOSED COLUMBUS DAY (BAKED ZITI ITALIAN BLEND GARLIC BREAD FRUIT/MILK)	13 TURKEY CASSEROLE MIXED VEGETABLE PUDDING BREAD MILK	14 LASAGNA WINTER BLEND GARLIC BREAD OATMEAL COOKIE MILK	15 OVEN ROASTED CHICKEN MAC. SALAD ROASTED CARROTS JELLO BREAD / MILK	16 BEEF STROGANOFF EGG NOODLES BRUSSEL SPROUTS MIXED FRUIT BREAD /MILK
19 BBQ CHICKEN BAKED BEANS VEGETABLE FRUIT BREAD / MILK	20 MEATLOAF/GRAVY MASHED POTATO DICED CARROTS MOLASSES COOKIE BREAD / MILK	21 POTATO VEGETABLE SOUP EGG SALAD WHEAT ROLL BROWNIE MILK	22 TURKEY/GRAVY MASHED POTATO SQUASH PUMPKIN PIE /WHIP TOPPING BREAD/ MILK	23 CHICKEN STIR FRY W/RICE WAX BEANS FORTUNE COOKIE PINEAPPLE UPSIDE DOWN CAKE MILK
26 BAKED HADDOCK RICE PILAF BROCCOLI FRUIT BREAD/MILK	27 ROASTBEEF/ GRAVY ROASTED RED POTATO MIXED VEGETABLE BLUEBERRY CRISP BREAD MILK	28 BAKED HAM SCALLOPED POTATO SQUASH YOGURT PARFAIT BREAD/MILK	29 CABBAGE CASSEROLE CARROT RASIN SALAD WHEAT ROLL PEACH/PEAR CRISP MILK	30 MEATBALL SUB ITALIAN BLEND VEG WHEAT SUB ROLL MANDARIN ORANGES MILK