

**ACAP NUTRITION PROGRAM MENU DECEMBER 2020**  
**MENU SUBJECT TO CHANGE W/O NOTICE**

	1 MEATBALL SUB ITALIAN BLEND VEG. WHEAT SUB ROLL MANDARIN ORANGES MILK	2 CHICKEN/ BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL CHOCOLATE MOUSSE MILK	3 CHILI RICE CORNBREAD CARROT CAKE MILK	4 ROAST PORK MAC & CHEESE STEWED TOMATOES +ZUCC. APPLE CRISP BREAD/MILK
7 BAKED ZITI ITALIAN BLEND GARLIC BREAD FRUIT BREAD/MILK	8 TURKEY VEG SOUP TUNA FISH LETT/TOMATO WHEAT ROLL GINGERBREAD W/APRICOTS MILK	9 BAKED HADDOCK EGG NOODLE ZUCCHINI PEACH/COTTAGE CHEESE BREAD/MILK	10 OVEN ROASTED CHICKEN MAC. SALAD ROASTED CARROTS JELLO BREAD MILK	11 LASAGNA WINTER BLEND GARLIC BREAD OATMEAL COOKIE MILK
14 GRILLED CHICKEN MASHED POTATO MIXED VEGETABLE FRUIT BREAD/MILK	15 TURKEY CASSEROLE CAPRI BLEND PUDDING BREAD MILK	16 BEEF STOGANOFF EGG NOODLE BRUSSEL SPROUTS MIXED FRUIT BREAD/MILK	17 TURKEY /GRAVY MASHED POTATO STUFFING PUMPKIN PIE /WHIP TOPPING / MILK	18 CHICKEN STIR FRY W/ RICE WAX BEANS FORTUNE COOKIE PINEAPPLE UPSIDE DOWN CAKE/MILK
21 BBQ CHICKEN BAKED BEANS VEGETABLE FRUIT BREAD /MILK	22 POTATO VEGETABLE SOUP EGG SALAD WHEAT ROLL BROWNIE / MILK	23 MEATLOAF/GRAVY MASHED POTATO DICED CARROTS MOLASSES COOKIE BREAD/MILK	24 CLOSED	25 CLOSED MERRY CHRISTMAS
28 BAKED HADDOCK RICE PILAF BROCOLI FRUIT BREAD/MILK	29 ROASTBEEF/GRAVY ROASTED RED POTATO MIXED VEGETABLE BLUEBERRY CRISP BREAD/MILK	30 MEATBALL SUB ITALIAN BLEND VEG WHEAT SUB ROLL MANDARIN ORANGES MILK	31 CHICKEN/BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL CHOCOLATE MOUSSE 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.