

2 BAKED ZITI ITALIAN BLEND GARLIC BREAD FRUIT/MILK	3 CHICKEN/BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL CHOCOLATE MOUSSE MILK	4 CHILI RICE CORN BREAD CARROT CAKE MILK	5 ROAST PORK CHOP MAC & CHEESE STEWED TOMATO +ZUCC APPLE CRISP BREAD/MILK	6 TURKEY VEG SOUP TUNA FISH LETT/TOM WHEAT ROLL GINGERBREAD W/ APRICOTS / MILK
9 GRILLED CHICKEN MASHED POTATO MIXED VEGETABLE FRUIT BREAD/MILK	10 BAKED HADDOCK EGG NOODLE ZUCCHINI PEACH HALF/COTTAGE CHEESE BREAD/MILK	11 TURKEY CASSEROLE MIXED VEGETABLE PUDDING BREAD MILK	12 LASAGNA WINTER BLEND GARLIC BREAD OATMEAL COOKIE MILK	13 OVEN ROASTED CHICKEN MAC. SALAD ROASTED CARROTS JELLO BREAD/MILK
16 CLOSED VETERANS DAY	17 BEEF STROGANOFF EGG NOODLE BRUSSEL SPROUTS MIXED FRUIT BREAD / MILK	18 POTATO VEGETABLE SOUP EGG SALAD WHEAT ROLL BROWNIE /MILK	19 TURKEY/GRAVY MASHED POTATO STUFFING/SQUASH CRANBERRY SAUCE PUMPKIN PIE WHIP TOPPING /MILK	20 CHICKEN STIR FRY W/ RICE WAX BEANS FORTUNE COOKIE PINEAPPLE UPSIDE DOWN CAKE/MILK
23 BBQ CHICKEN BAKED BEANS VEGETABLE FRUIT BREAD / MILK	24 ROASTBEEF /GRAVY ROASTED RED POTATO MIXED VEGETABLE BLUEBERRY CRISP BREAD MILK	25 BAKED HAM SCALLOPED POTATO SQUASH YOGURT PARFAIT BREAD/MILK	26 CLOSED HAPPY THANKSGIVING	27 CLOSED HAVE A GREAT WEEKEND
30 BAKED HADDOCK RICE PILAF BROCCOLI FRUIT BREAD/MILK				

ACAP NUTRITION PROGRAM MENU November, 2020

IMPORTANT POLICY Be home between 830am-130pm to receive your meals. If you will not be home please call 962-2730 or 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 FOOD SECTION TO VENT. CAUTION STEAM WILL BE VERY HOT! TO HEAT IN MICROWAVE HEAT MEAL 2-3 MIN ON HIGH OR UNTIL THE FOOD REACHES A TEMP OF 165. TO HEAT IN OVEN PLACE MEAL ON COOKIE SHEET IN MIDDLE OF OVEN AT 365 FOR 20 TO 25 MIN UNTIL FOOD REACHES TEMP OF 165. Menu subject to change w/o notice. Suggested donation is 3.50. No older adult will be denied services due to an 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