

ACAP NUTRITION PROGRAM MENU MARCH 2021
MENU SUBJECT TO CHANGE W/O NOTICE

1 ST. SHELLS W/ MEATSAUCE ITALIAN VEGETABLE WHEAT BREAD STICKS FRUIT CUP MILK	2 BBQ CHICKEN 3 BEAN SALAD COLE SLAW WHEAT ROLL COOKIE MILK	3 PORK/GRAVY SWEET POTATOES BRUSSEL SPROUTS WHITE CAKE WHEAT BREAD MILK	4 BEEF TIPS/ONIONS AND PEPPERS BOW TIE NOODLES SCAND. BLEND OATMEL COOKIE WHEAT HD ROLL MILK	5 VEGETABLE SOUP EGG SALAD SAND WHEAT BREAD ANGEL FOOD CAKE W/ BERRIES MILK
8 BAKED FISH RED ROASTED POTATO MIXED VEGETABLES ORANGE WHEAT BREAD MILK	9 SHEPARDS PIE MASHED POTATO WINER BLEND PINEAPPLE WHEAT BREAD MILK	10 SWEET AND SOUR CHICKEN RICE ORIENTAL BLEND PUDDING WHEAT BREAD/MILK	11 MEATLOAF/GRAVY MASHED POTATOES CARROTS CARROT CAKE WHEAT BREAD MILK	12 POTATO CORN CHOWDER SWISS CHEESE WHEAT ROLL PEACH CRISP MILK
15 LEMON PEPPER PORK MASHED POTATO PEAS APPLESAUCE WHEAT BREAD MILK	16 CHICKEN/BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL STRAWBERRIES MILK	17 HAPPY ST. PATTY'S DAY CORN BEEF RED POTATOES CARROTS /CABBAGE WHEAT BREAD GREEN CAKE /MILK	18 HAMPINEAPPLE SWEET POTATO CAULIFLOWER APPLE CRISP WHEAT BREAD / MILK	19 FISH W/ CRUMB TOPPING SOUR CREAM AND CHIVE POTATO CAPRI BLEND FRUIT WHEAT BREAD/MILK
22 CUBE STEAKW/ PEPPERS AND ONIONS BOILED POTATOES SUMMER SQUASH TAPIOCA PUDDING WHEAT BREAD/MILK	23 TURKEY/GRAVY MASHED POTATO SQUASH DESSERT WHEAT BREAD / MILK	24 MICHIGAN HOT DOG WHEAT BUN MAC.SALAD JELLO/SUGAR FREE JELLO MILK	25 BEEF BARLEY SOUP EGG SALAD WHEAT ROLL CANTELOPE MILK	26 BROCCOLI RICE CASSEROLE COCONUT CREAM BAR WHEAT ROLL MILK
29 MAC AND CHEESE BEETS WHEAT ROLL OATMEAL COOKIE MILK	30 BBQ CHCIKEN 3 BEAN SALAD COLE SLAW WHEAT ROLL COOKIE MILK	31 PORK/ GRAVY SWEET POTATOES BRUSSEL SPROUT WHITE CAKE WHEAT BREAD MILK		

IMPORTANT POLICY* Be home between 830am/130pm to receive your meals. If you ill n 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.

ACAP NUTRITION PROGRAM MENU MARCH 2021
MENU SUBJECT TO CHANGE W/O NOTICE