

ACAP NUTRITION PROGRAM MENU June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Creamy Potato Soup Italian vegetables Oatmeal Cookie WW Bread Milk	Beef Goulash Capri Blend vegetables Gelatin dessert with Tropical F WW Breadstick Milk	Smothered Chicken Thighs with Onions, Peppers and Swiss Red Potatoes Green Beans Fruit Wheat Bread Milk	Roast pork w gravy Mashed Potatoes Broccoli Fruit WW Bread
	7	8	9	10
Chef Salad CC Cookie WW Bread Milk	Beef Stroganoff Wax Beans Fresh Fruit cup WW Bread Milk	Chicken and Gravy Mashed Potato Green Beans Blueberries Biscuit Yogurt/granola Milk	BBQ Pulled Pork WW Bun Mashed Potato Cucumber salad Applesauce Milk	Baked Tilapia Rice pilaf Broccoli Mandarin Oranges WW Bread Milk
	14	15	16	17
Roast Beef/ Gravy Roasted red potatoes Mixed vegetables Fruit WW Bread	Turkey Casserole Peas and Carrots Shells Fruit salad WW Bread	BBQ Chicken Mac Salad Corn Orange WW roll Milk	Chicken Tenders Mashed Potatoes Cole slaw Yogurt Parfait Biscuit Milk	BBQ Ribs Pasta salad Angel cake with berries WW Bread Milk
	21	22	23	24
Cube Steak with Mushroom Gravy Mashed Potato Capri Vegetables Fruit WW Bread Milk	Spaghetti with meat sauce Tossed salad WW Breadstick Angel Cake with raspberries Milk	Teriyaki Beef Tips Rice Broccoli Mandarin Oranges WW Bread Milk	Michigan Hot Dog Mac Salad WW bun Apple Crisp Milk	Baked Haddock Noodles Broccoli Cake WW bread Milk
	28	29	30	1
Lasagna Italian vegetables Oatmeal Cookie WW Bread Milk	Meatloaf/ Gravy Mashed Potato Diced carrots Cake WW bread Milk	Creamy Potato Soup Italian vegetables Oatmeal Cookie WW Bread Milk		2

IMPORTANT POLICY* Be home between 8:30am/1:30pm 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 cancellations 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.