

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

		1 SMOTHERED CHICKEN ONIONS/PEPPERS RED POTATOES GREEN BEANS PUDDING/ORANGE JC MILK	2 HONEY MUSTARD PORK MASHED POTATO BROCCOLI PEACHES WHEAT BREAD/MILK	3 CHEF SALAD CANTELOPE WHEAT BREAD MILK
6 CLOSED HAPPY LABOR DAY HAMBURGER BAKED BEANS VEGGIE	7 CHICKEN AND BISCUIT MASHED POTATO GREEN BEANS BLUEBERRIES YOGURT PARFAIT MILK	8 PULLED PORK MASHED POTATO COLE SLAW APPLESAUCE HAMBURGER BUN MILK	9 TACO SALAD PEARS WHEAT BREAD MILK	10 ROASTBEEF/GRAVY ROASTED POTATOES MIXED VEGETABLES BLUEBERRY/APPLE CRISP WHEAT BREAD/MILK
13 TURKEY CASSEROLE SQUASH FRUIT SALAD WHEAT BREAD MILK	14 BBQ CHICKEN PASTA SALAD CORN CANNED FRUIT CUP WHEAT BREAD /MILK	15 OVEN BAKED CHICKEN TENDERS POTATO WEDGES COLE SLAW PEARS BISCUIT/ MILK	16 BABY BACK RIBS MASHED POTATO ENGLISH CUCUMBER SALAD APPLESAUCE WHEAT BREAD/MILK	17 DELI PLATE POTATO SALAD COLE SLAW BANANA WHEAT BREAD/MILK
20 TERIYAKI BEEF TIPS RICE BROCCOLI COOKIE 100% ORANGE JUICE WHEAT BREAD / MILK	21 SPAGHETTI W/ MEATSAUCE ASPARAGUS TOSS SALAD ANGEL FOOD CAKE W/RASPBERRIES WHEAT BREAD/MILK	22 BAKED HADDOCK W/ CRUMB TOPPING EGG NOODLE FRUIT COCKTAIL WHEAT BREAD MILK	23 MICHIGAN HOT DOG ENGLISH CUCUMBER SALAD PASTA SALAD WATERMELON WHEAT BREAD/MILK	24 GRILLED CHICKEN ON A WHEAT BUN LETTUCE/TOMATO ROASTED POTATOES JELLO W/FRUIT MILK
27 MEATLOAF MASHED POTATO GREEN BEANS APRICOTS WHEAT BREAD/MILK	28 TUNA PLATE LETTUCE/TOMATO POTATO SALAD MANDARIAN ORANGES WHEAAT BREAD/MILK	29 GOULASH CAPRI VEGGIE FUITED JELLO GARLIC BREAD MILK	30 SMOTHERED CHICKEN ONIONS/PEPPERS RED POTATOES GREEN BEANS PUDDING/ORANGE JC WHEAT BREAD/MILK	

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

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