

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

			1 MEATLOAF/GRAVY MASHED POTATO DICED CARROTS CAKE WHEAT BREAD MILK	2 CREAMY POTATO SOUP EGG SALAD LETTUCE/TOMATO PLUM WHEAT ROLL MILK
5 BEEF GOULASH CAPRI VEGETABLE JELLO/FRUIT WHEAT BREADSTICK MILK	6 SMOTHERED CHICKEN THIGHS W/ ONIONS, PEPPERS AND SWISS CHEESE GREEN BEANS /FRUIT W BREAD / MILK	7 ROAST PORK W/GRAVY MASHED POTATOES BROCCOLI FRUIT WHEAT BREAD MILK	8 CHEF SALD CC COKKIE WHEAT BREAD MILK	9 BEEF STROGANOFF WAX BEANS FRESH FRUIT WHEAT BREAD MILK
12 CHICKEN / GRAVY MASHED POTATO GREEN BEANS BLUEBERRIES BISCUIT YOGURT/GRANOLA MILK	13 BBQ PULLED PORK WW BUN MASHED POTATO CUCUMBER SALAD APPLESAUCE MILK	14 BAKED TILAPIA RICE PILAF BROCCOLI MANADRIN ORANGES WHEAT BREAD MILK	15 ROAST BEEF / GRAVY ROASTED RED POTATOES MIXED VEGGIES WHEAT BREAD MILK	16 TURKEY CASSEROLE PEAS AND CARROTS SHELLS FRUIT SALAD WHEAT BREAD MILK
19 BBQ CHICKEN MAC SALAD CORN ORANGE WHEAT ROLL MILK	20 CHICKEN TENDERS MASHED POTATO COLE SALW YOGUART PARFAIT BISCUIT MILK	21 BBQ RIBS PASTA SALAD ANGEL FOOD CAKE W/ BERRIES WHEAT BREAD MILK	22 CUBE STEAKW/MUSHROOM GRAVY MASHED POTAO CAPRI VEGGIES FRUIT WHEAT BREAD/MILK	23 SPAGHETTIW/MEATSAUCE TOSSED SALAD WHEAT BREADSTICK ANGELFOOD CAKEW/RASPBERRIES MILK
26 TERIYAKI BEEF TIPS RICE BROCCOLI MANADRIN ORANGES WHEAT BREAD MILK	27 MICHIGAN HOT DOGS MAC SALAD WHEAT BUN APPLE CRISP MILK	28 BAKED HADDOCK NODDLES BROCCOLI CAKE WHEAT BREAD MILK	29 LASAGNA ITALIAN VEGGIE OATMEAL COOKIE WHEAT BREAD MILK	30 MEATLOAF/GRAVY MASHED POTATO DICED CARROTS 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.

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