

ACAP NUTRITION PROGRAM MENU MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Creamy Potato Soup	Beef Goulash	Smothered Chicken Thighs	Roast pork w gravy	Chef Salad
Italian vegetables	Capri Blend vegetables	with Onions, Peppers and Swiss	Mashed Potatoes	
Oatmeal Cookie	Gelatin dessert with Tropical Fruit	Red Potatoes	Broccoli	CC Cookie
WW Bread	WW Breadstick	Green Beans	Fruit	WW Bread
Milk	Milk	Fruit	WW Bread	Milk
		Wheat Bread		
		Milk		
10	11	12	13	14
Beef Stroganoff	Chicken and Gravy	BBQ Pulled Pork	Baked Tilapia	Roast Beef/ Gravy
	Mashed Potato	WW Bun	Rice pilaf	Roasted red potatoes
Wax Beans	Green Beans	Mashed Potato	Broccoli	Mixed vegetables
Fresh Fruit cup	Blueberries	Cucumber salad	Mandarin Oranges	Fruit
WW Bread	Biscuit	Applesauce	WW Bread	WW Bread
	Yogurt/granola	Milk	Milk	
Milk	Milk			
17	18	19	20	21
Turkey Casserole	BBQ Chicken	Chicken Tenders	BBQ Ribs	Cube Steak with Mushroom Gravy
Peas and Carrots	Mac Salad	Mashed Potatoes	Pasta salad	Mashed Potato
Shells	Corn	Cole slaw		Capri Vegetables
Fruit salad	Orange	Yogurt Parfait	Angel cake with berries	Fruit
WW Bread	WW roll	Biscuit	WW Bread	WW Bread
	Milk	Milk	Milk	Milk
24	25	26	27	28
Spaghetti with meat sauce	Teriyaki Beef Tips	Michigan Hot Dog	Baked Haddock	Lasagna
Tossed salad	Rice	Mac Salad	Noodles	Italian vegetables
WW Breadstick	Broccoli	WW bun	Broccoli	Oatmeal Cookie
Angel Cake with raspberries	Mandarin Oranges	Apple Crisp	Cake	WW Bread
Milk	WW Bread	Milk	WW bread	Milk
	Milk		Milk	
31				
Meatloaf/ Gravy				
Mashed Potato				
Diced carrots				
Cake				
WW bread				
Milk				

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.