

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

			1 TUNA PLATE LETTUCE/TOMATO POTATO SALAD MANDARIN ORANGES WHEAT ROLL MILK	2 GOULASH CAPRI VEGGIE FRUITED JELLO WHEAT BREAD STICK MILK
5 CLOSED HAPPY 4 <sup>TH</sup> OF JULY	6 HONEY MUSTARD PORK MASHED POTATO BROCCOLI PEACHES WHEAT BREAD/MILK	7 CHEF SALAD CANTELOPE WHEAT BREAD MILK	8 BEEF STROGANOFF WAX BEANS FRUIT CUP WHEAT BREAD MILK	9 CHICKEN AND BISCUIT MASHED POTATO GREEN BEANS BLUEBERRIES YOGURT PARFAIT MILK
12 PULLED PORK SANDWICH MASHED POTATO COLE SLAW APPLESAUCE MILK	13 TACO SALAD PEARS WHEAT BREAD MILK	14 ROASTBEEF / GRAVY ROASTED POTATOES MIXED VEGETABLES BLUEBERRY/APPLE CRISP WHEAT BREAD MILK	15 TURKEY CASSEROLE SQUASH FRUIT SALAD WHEAT BREAD MILK	16 BBQ CHICKEN PASTA SALAD CORN CANNED FRUIT CUP WHEAT BREAD/MILK
19 OVEN BAKED CHICKEN TENDERS POTATO WEDGES COLE SLAW PEAR BISCUIT / MILK	20 BABY BACK RIBS MASHED POTATOES ENGLISH CUCUMBER SALAD APPLESAUCE WHEAT BREAD /MILK	21 DELI PLATE POTATO SALAD COLESLAW BANANA WHEAT BREAD MILK	22 SPAGHETTI W/ MEATSAUCE ASPARAGUS TOSS SALAD ANGEL CAKE W/ RASPBERRIES WHEAT BREAD /MILK	23 TERIYAKI BEEF TIPS RICE \\ BROCCOLI 100% ORANGE JUICE WHEAT BREAD MILK
26 BAKED HADDOCK W/ CRUMB TOPPING EGG NOODLE BROCCOLI FRUIT COCKTAIL WHEAT BREAD/MILK	27 MICHIGAN HOTDOG ENGLISH CUCUMBER SALAD PASTA SALAD WATERMELON WHEAT BREAD/MILK	28 GRILLED CHICKEN SALAD LETTUCE /TOMATO ROASTED POTATOES WHEAT BUN JELLO/ FRUIT MILK	29 MEATLOAF MASHED POTATO GREEN BEANS APRICOTS WHEAT BREAD MILK	30 TUNA PLATE LETTUCE /TOMATO POTATO SALAD MANDARIN ORANGES 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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