

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

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| 2 GOULASH CAPRI VEGGIE GARIC BREAD FRUITED JELLO MILK | 3 SMOTHERED CHICKEN ONIONS/PEPPERS RED POTATOES GREEN BEANS PUDDING/ORANGE JC BREAD/MILK | 4 HONEY MUSTARD PORK MASHED POTATO BROCCOLI PEACHES WHEAT BREAD MILK | 5 CHEF SALAD CANTELOPE WHEAT BREAD MILK | 6 BEEF STROGANOFF WAX BEANS FRUIT CUP WHEAT BREAD MILK |
| 9 CHICKEN AND BISCUIT MASHED POTATO GREEN BEANS BLUEBERRIES YOGURT PARFAIT MILK | 10 PULLED PORK SANDWICH MASHED POTATO COLE SLAW APPLESAUCE WHEAT BUN/MILK | 11 TACO SALAD PEARS WHEAT BREAD MILK | 12 ROASTBEEF /GRAVY ROASTED POTATOES MIXED VEGETABLES BLUEBERRY/APPLE CRISP WHEAT BREAD/MILK | 13 TURKEY CASSEROLE SQUASH FRUIT SALAD WHEAT BREAD MILK |
| 16 BBQ CHICKEN PASTA SALAD CORN CANNED FRUIT CUP WHEAT BREAD/MILK | 17 OVEN BAKED CHICKEN TENDERS POTATO WEDGE COLE SLAW PEARS BISCUIT/MILK | 18 BABY BACK RIBS MASHED POTATOES ENGLISH CUCUMBER SALAD APPLESAUCE WHEAT BREAD/MILK | 19 DELI PLATE POTATO SALAD COLESLAW BANANA WHEAT BREAD MILK | 20 SPAGHETTI W/ MEATSAUCE ASPARAGUS TOSS SALAD ANGEL CAKE W/RASPBERRIES WHEAT BREAD/MILK |
| 23 TERIYAKI BEEF TIPS RICE BROCCOLI COOKIE 100% ORANGE JUICE WHEAT BREAD MILK | 24 BAKED HADDOCK W/ CRUMB TOPPING EGG NOODLE BROCCOLI FRUIT COCKTAIL WHEAT BREAD MILK | 25 MICHIGAN HOTDOG ENGLISH CUCUMBER SALAD PASTA SALAD WATERMELON WHEAT BREAD/MILK | 26 GRILLED CHICKEN ON A WHEAT BUN LETTUCE/TOMATO ROASTED POTATOES JELLO/FRUIT MILK | 27 MEATLOAF MASHED POTATO GREEN BEANS APRICOTS WHEAT BREAD MILK |
| 30 TUNA PLATE LETTUCE/TOMATO POTATO SALAD MANDARIN ORANGES WHEAT BREAD / MILK | 31 GOULASH CAPRI VEGGIE FRUITED JELLO GARLIC 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.