

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

1 BEEF AND MACARONI CASSEROLE BRUSSEL SPROUTS CINNAMON PEARS WHEAT ROLLS MILK	2 CHICKEN CACCIATORI SPAGHETTI W/SAUCE WAX BEANS APPLE/BLUEBERRY CRISP WHEAT ROLL/MILK	3 HONEY MUSTARD PORK MASHED SWEET POT. BROCCOLI APPLESAUCE CAKE W/ BLUEBERRY SAUCE APPLE JUICE WHEAT BREAD / MILK	4 MAC AND CHEESE STEWED TOMATOES BLUSHING PEARS CORNBREAD MILK	5 BRUNSWICK STEW PEACHES BISCUIT MILK
8 CHICKEN AND BISCUITS MASHED POTATO GREEN BEANS YOGURT PARFAIT MILK	9 SPAGHETTI WITH MEATSAUCE ASPARAGUS ANGEL FOOD CAKE W/ BERRIES GARLIC BREAD/ MILK	10 TACO SALAD BANANA WHEAT BREAD MILK	11 HAPPY VETERAN'S DAY CLOSED	12 PHILLY CHEESE STEAK POTATO WEDGE GREEN BEAN SALAD PUDDING/APPLE JUICE WHEAT HOAGIE ROLL MILK
15 PARM CRUSTED CHICKEN POTATO WEDGE ZUCCHINI PEACHES WHEAT BREAD/ MILK	16 BABY BACK RIBS MASHED POTATO BROCCOLI STRAWBERRY SHORT CAKE WHEAT BREAD/ MILK	17 CHILI RICE CARROTS CORNBREAD BANANA MILK	18 TURKEY W/GRAVY MASHED POTATO STUFFING SQUASH APPLESAUCE PUMPKIN PIE WHEAT BREAD / MILK	19 TERIYAKI BEEF TIPS EGG NOODLES BROCCOLI COOKIE /ORANGE JC WHEAT BREAD MILK
22 FISH FILET W/ TARTER SAUCE BOW TIE PASTA BROCCOLI FRUIT COCKTAIL WHEAT BUN / MILK	23 HOT DOG SWEET POTATO TOTS COLE SLAW PINEAPPLE WHEAT BUN MILK	24 MEATLOAF W/TOPPING MASHED POTATO PEAS APRICOTS WHEAT BREAD MILK	25 HAPPY THANKSGIVING CLOSED	26 CLOSED
29 BEEF AND MACARONI CASSEROLE BRUSSEL SPROUTS CINNAMON PEARS WHEAT ROLL MILK	30 CHICKEN CACCIATORI SPAGHETTI W/SAUCE WAX BEANS APPLE/BLUEBERRY CRISP WHEAT ROLL / 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,

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New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis available upon request.