

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

				1 BEEF AND MACARONI CASSEROLE BRUSSEL SPROUTS CINNAMON PEARS WHEAT ROLL MILK
4 CHICKEN CACCIATORI SPAGHETTI W/SAUCE WAX BEANS APPLE/BLUEBERRY CRISP WHEAT ROLL/MILK	5 HONEY MUSARD PORK MASHED SWEET POT. BROCCOLI APPLESAUCE CAKE W/ BLUEBERRY SAUCE APPLE JUICE WHEAT BREAD/ MILK	6 MAC AND CHEESE STEWED TOMATOES BLUSHING PEARS CORNBREAD MILK	7 BRUNSWICK STEW PEACHES BISCUIT MILK	8 CHICKEN AND BISCUITS MASHED POTATO GREEN BEANS YOGURT PARFAIT MILK
11 CLOSED	12 CHICKEN BROCCOLI ALFREDO MANDARIN ORANGES WHEAT ROLL MILK	13 TACO SALAD BANANA WHEAT BREAD MILK	14 HAWAIIAN HAM ROASTED SWEET POTATOES MIXED VEGGIES FRUIT SALAD WHEAT ROLL /MILK	15 PHILLY CHEESE STEAK POTATO WEDGE GREEN BEAN SALAD PUDDING/APPLE JUICE WHEAT HOAGIE MILK
18 PARM CRUSTED CHICKEN POTATO WEDGE ZUCCHINI PEACHES WHEAT BREAD/ MILK	19 BABY BACK RIBS MASHED POTATO BROCCOLI STRAWBERRY SHORT CAKE WHEAT BREAD /MILK	20 CHILI RICE CARROTS CORNBREAD BANANA MILK	21 TURKEY W/ GRAVY MASHED POTATO SQUASH APPLESAUCE WHEAT BREAD /MILK	22 TERIYAKI BEEF TIPS EGG NOODLE BROCCOLI COOKIE/ORANGE JC WHEAT BREAD/MILK
25 FISH FILET W/ TARTER SAUCE BOW TIE PASTA BROCCOLI FRUIT COCKTAIL WHEAT BUN /MILK	26 HOT DOG SWEET POTAO TOTS COLE SALW PINEAPPLE WHEAT BUN MILK	27 MEATLOAF W/ TOPPING MASHED POTATO PEAS APRICOTS WHEAT BREAD/ MILK	28 CORN CHOWDER CHERRY CRISP WHEAT ROLL MILK	29 TURKEY BURGER LETTUCE/TOMATO POTATO SALAD VEGGIE PEACHES WHEAT BUN/ 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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