


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

		1 HONEY MUSTARD PORK MASHED SWEET POT. BROCCOLI APPLESAUCE CAKE W/ BLUEBERRY SAUCE APPLE JUICE WHEAT BREAD / MILK	2 MAC AND CHEESE STEWED TOMATOES BLUSHING PEARS CORNBREAD MILK	3 BRUNSWICK STEW PEACHES BISCUIT MILK
6 CHICKEN BROCCOLI ALFREDO MANDARIN ORANGES WHEAT ROLL MILK	7 SPAGHETTI WITH MEATSAUCE ASPARAGUS ANGEL FOOD CAKE W/ BERRIES GARLIC BREAD/ MILK	8 TACO SALAD BANANA WHEAT BREAD MILK	9 CHICKEN & BISCUITS MASHED POTATOES GREEN BEANS YOGURT PARFAIT MILK	10 PHILLY CHEESE STEAK POTATO WEDGE GREEN BEAN SALAD PUDDING/APPLE JUICE WHEAT HOAGIE ROLL MILK
13 PARM CRUSTED CHICKEN POTATO WEDGE ZUCCHINI PEACHES WHEAT BREAD/ MILK	14 BABY BACK RIBS MASHED POTATO BROCCOLI STRAWBERRY SHORT CAKE WHEAT BREAD/ MILK	15 CHILI RICE CARROTS CORNBREAD BANANA MILK	16 TURKEY W/GRAVY MASHED POTATO SQUASH APPLESAUCE WHEAT BREAD MILK	17 TERIYAKI BEEF TIPS EGG NOODLES BROCCOLI COOKIE /ORANGE JC WHEAT BREAD MILK
20 FISH FILET W/ TARTER SAUCE BOW TIE PASTA BROCCOLI FRUIT COCKTAIL WHEAT BUN / MILK	21 HOT DOG SWEET POTATO TOTS COLE SLAW PINEAPPLE WHEAT BUN MILK	22 MEATLOAF W/TOPPING MASHED POTATO PEAS APRICOTS WHEAT BREAD MILK	23 CLOSED <i>Happy Holidays!</i>	24 CLOSED
27 CORN CHOWDER CHERRY CRISP WHEAT ROLL MILK	28 HAWAIIAN HAM ROASTED SWEET POTATO MIXED VEGGIE FRUIT SALAD WHEAT ROLL/MILK	29 TURKEY BURGER W/ LETTUCE / TOMATO POTATO SALAD VEGGIE PEACHES WHEAT BUN/ MILK	30 BEEF AND MACARONI CASSEROLE BRUSSEL SPROUTS CINNAMON PEARS WHEAT ROLL	31 CLOSED HAPPY NEW YEAR 

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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