

**ACAP NUTRITION PROGRAM MENU JANUARY 2022**  
**MENU SUBJECT TO CHANGE W/O NOTICE**

<b>3</b> HAMBURGER WHEAT HB BUN LETTUCE/TOMATO BAKED BEANS AMBROSIA SALAD MILK	<b>4</b> ST. SHELLS W/MEATSAUCE ITALIAN VEGETABLE WHEAT BREAD FRUIT CUP MILK	<b>5</b> CHICKEN/BISCUITS MASHED POTATO GREEN BEANS WHEAT ROLL STRAWBERRIES MILK	<b>6</b> ROAST PORK W/GRAVY SWEET POTATOES BRUSSEL SPROUTS APRICOTS WHEAT BREAD / MILK	<b>7</b> CHICKEN FAJITAS RICE YOGURT PARFAIT MILK
<b>10</b> VEGETABLE SOUP TURKEY SAND WHEAT BREAD ANGEL FOOD CAKE W/BERRIES MILK	<b>11</b> FISH SAND WHEAT HB BUN BOW TIE PASTA BROCCOLI FRUIT COCKTAIL TARTER SAUCE MILK	<b>12</b> SWEET AND SOUR PORK RICE MIXED VEGETABLES APPLESAUCE WHEAT BREAD MILK	<b>13</b> MEATLOAF MASHED POTATOES PEAS APRICOTS WHEAT BREAD MILK	<b>14</b> MAC AND CHEESE STEWED TOMAOTES PEAR HALVES CORN BREAD MILK
<b>17</b> —CLOSED -- SHEPARDS PIE WINTER BLEND PINEAPPLE WHEAT BREAD MILK	<b>18</b> CUBE STEAK W /MUSHROOM GRAVY MASED POTATOES CAPRI VEGETABLES APPLESAUCE WHEAT BREAD/MILK	<b>19</b> HERB CHICKEN MASHED POTATOES BEETS CHOC CHIP COOKIE ORANGE JUICE WHEAT BREAD/MILK	<b>20</b> HAWIIAN HAM SWEET POTATOES VEGETABLE FRUIT SALAD WHEAT BREAD MILK	<b>21</b> TURKEY/GRAVY MASHED POTATOES SQUASH APPLESAUCE WHEAT BREAD /MILK
<b>24</b> MICHIGAN HOT DOG HOT DOG BUN SWEET POTATO TOTS COLE SLAW PINEAPPLE MILK	<b>25</b> HONEY MUSTARD ROAST PORK SWEET PPOTATOES BROCCOLI CAKE W/ BLUEBERRY WHEAT BREAD/MILK	<b>26</b> BEEF STEW WHEAT ROLL CANTELOPE MILK	<b>27</b> BROCCOLI RICE CASSEROLE PEARS WHEAT ROLL MILK	<b>28</b> BBQ CHICKEN CUBE POTATOES COLE SLAW WHOLE PEACH WHEAT ROLL MILK
<b>31</b> SALMON RICE ASPARAGUS 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.