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

| 3  | HAMBURGER  
|    | WHEAT HB BUN  
|    | LETTUCE/TOMATO  
|    | BAKED BEANS  
|    | AMBROSIA SALAD  
|    | MILK  |
| 4  | ST. SHELLS  
|    | W/MEATSauce  
|    | ITALIAN VEGETABLE  
|    | WHEAT BREAD  
|    | FRUIT CUP  
|    | MILK  |
| 5  | CHICKEN/BISCUITS  
|    | MASHED POTATO  
|    | GREEN BEANS  
|    | WHEAT ROLL  
|    | STRAWBERRIES  
|    | MILK  |
| 6  | ROAST PORK  
|    | W/GRAVY  
|    | SWEET POTATOES  
|    | BRUSSEL SPROUTS  
|    | APRICOTS  
|    | WHEAT BREAD / MILK  |
| 7  | CHICKEN FAJITAS  
|    | RICE  
|    | YOGURT PARFAIT  
|    | MILK  |
| 10 | VEGETABLE SOUP  
|    | TURKEY SAND  
|    | WHEAT BREAD  
|    | ANGEL FOOD CAKE  
|    | W/BERRIES  
|    | MILK  |
| 11 | FISH SAND  
|    | WHEAT HB BUN  
|    | BOW TIE PASTA  
|    | BROCCOLI  
|    | FRUIT COCKTAIL  
|    | TARTER SAUCE  
|    | MILK  |
| 12 | SWEET AND SOUR PORK  
|    | RICE  
|    | MIXED VEGETABLES  
|    | APPLESAUCE  
|    | WHEAT BREAD  
|    | MILK  |
| 13 | MEATLOAF  
|    | MASHED POTATOES  
|    | PEAS  
|    | APRICOTS  
|    | WHEAT BREAD / MILK  |
| 14 | MAC AND CHEESE  
|    | STEWED TOMATOES  
|    | PEAR HALVES  
|    | CORN BREAD  
|    | MILK  |
| 17 | —CLOSED —  
|    | SHEPHERDS PIE  
|    | WINTER BLEND  
|    | PINEAPPLE  
|    | WHEAT BREAD  
|    | MILK  |
| 18 | CUBE STEAK  
|    | W/MUSHROOM GRAVY  
|    | MASED POTATOES  
|    | CAPRI VEGETABLES  
|    | APPLESAUCE  
|    | WHEAT BREAD/MILK  |
| 19 | HERB CHICKEN  
|    | MASHED POTATOES  
|    | BEETS  
|    | CHOC CHIP COOKIE  
|    | ORANGE JUICE  
|    | WHEAT BREAD/MILK  |
| 20 | HAWIIAN HAM  
|    | SWEET POTATOES  
|    | VEGETABLE  
|    | FRUIT SALAD  
|    | WHEAT BREAD / MILK  |
| 21 | TURKEY/GRAVY  
|    | MASHED POTATOES  
|    | SQUASH  
|    | APPLESAUCE  
|    | WHEAT BREAD /MILK  |
| 24 | MICHIGAN HOT DOG  
|    | HOT DOG BUN  
|    | SWEET POTATO TOTS  
|    | COLE SLAW  
|    | PINEAPPLE  
|    | MILK  |
| 25 | HONEY MUSTARD  
|    | ROAST PORK  
|    | SWEET PPOTATOES  
|    | BROCCOLI  
|    | CAKE W/ BLUEBERRY  
|    | WHEAT BREAD/MILK  |
| 26 | BEEF STEW  
|    | WHEAT ROLL  
|    | CANTELOPE  
|    | MILK  |
| 27 | BROCCOLI RICE  
|    | CASSEROLE  
|    | PEARS  
|    | WHEAT ROLL  
|    | MILK  |
| 28 | BBQ CHICKEN  
|    | CUBE POTATOES  
|    | COLE SLAW  
|    | WHOLE PEACH  
|    | 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, New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis available upon request.