<table>
<thead>
<tr>
<th>No.</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>HAMBURGER WHEAT HB BUN LETTUCE/TOMATO BAKED BEANS AMBROSIA SALAD MILK</td>
</tr>
<tr>
<td>2</td>
<td>ST. SHELLS W/MEATSauce ITALIAN VEGETABLE WHEAT BREAD FRUIT CUP MILK</td>
</tr>
<tr>
<td>3</td>
<td>CHICKEN/BISCUITS MASHED POTATOES GREEN BEANS WHEAT ROLL STRAWBERRIES MILK</td>
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<tr>
<td>4</td>
<td>ROAST PORK W/GRAVY SWEET POTATOES BRUSSEL SPROUT APRICOTS WHEAT BREAD MILK</td>
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<tr>
<td>5</td>
<td>VEGETABLE SOUP TURKEY SAND WHEAT BREAD ANGEL FOOD CAKE W/BERIES MILK</td>
</tr>
<tr>
<td>6</td>
<td>CHICKEN FAJITAS RICE YOGURT PARFAIT MILK</td>
</tr>
<tr>
<td>7</td>
<td>FISH SAND WHEAT HB BUN BOW TIE PASTA BROCCOLI FRUIT COCKTAIL TATAR SAUCE MILK</td>
</tr>
<tr>
<td>8</td>
<td>SWEET AND SOUR PORK RICE MIXED VEGETABLES APPLESauce WHEAT BREAD MILK</td>
</tr>
<tr>
<td>9</td>
<td>MEATLOAF MASHED POTATOES PEAS APRICOTS WHEAT BREAD MILK</td>
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<tr>
<td>10</td>
<td>MAC AND CHEESE STEWED TOMATOES PEAR HALVES CORN BREAD MILK</td>
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<tr>
<td>11</td>
<td>SHEPARD'S PIE WINTER BLEND PINEAPPLE WHEAT BREAD MILK</td>
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<tr>
<td>12</td>
<td>BEEF STEW WHEAT ROLL CANTALOPE MILK</td>
</tr>
<tr>
<td>13</td>
<td>HERB CHICKEN MASHED POTATOES BEETS CHOCOLATE CHIP COOKIE /ORANGE JC WHEAT BREAD MILK</td>
</tr>
<tr>
<td>14</td>
<td>HAWAIIAN HAM SWEET POTATOES VEGETABLE FRUIT SALAD WHEAT BREAD MILK</td>
</tr>
<tr>
<td>15</td>
<td>MICHIGAN HOT DOG HOT DOG BUN SWEET POTATO TOTS COLE SLAW PINEAPPLE MILK</td>
</tr>
<tr>
<td>16</td>
<td>HONEY MUSTARD ROAST PORK SWEET POTATOES BROCCOLI CAKE W/BLUEBERRY SAUCE WHEAT BREAD/MILK</td>
</tr>
<tr>
<td>17</td>
<td>BBQ CHICKEN CUBE POTATOES COLE SLAW WHOLE PEACH WHEAT ROLL MILK</td>
</tr>
<tr>
<td>18</td>
<td>BROCCOLI RICE CASSEROLE PEAR WHEAT ROLL MILK</td>
</tr>
</tbody>
</table>

**IMPORTANT POLICY** Be home between 830am/130pm to receive your meals. If you will not be home please call 962-2730 or 873-3695 to cancel. Also, you 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.