

ACAP NUTRITION PROGRAM MENU FEBRUARY 2022

MENU SUBJECT TO CHANGE W/O NOTICE

	1 HAMBURGER WHEAT HB BUN LETTUCE/TOMATO BAKED BEANS AMBROSIA SALAD MILK	2 ST. SHELLS W/MEATSAUCE ITALIAN VEGETABLE WHEAT BREAD FRUIT CUP MILK	3 CHICKEN/BISCUITS MASHED POTATOES GREEN BEANS WHEAT ROLL STRAWBERRIES MILK	4 ROAST PORK W/GRAVY SWEET POTATOES BRUSSEL SPROUT APRICOTS WHEAT BREAD MILK
7 VEGETABLE SOUP TURKEY SAND WHEAT BREAD ANGEL FOOD CAKE W/BERRIES MILK	8 CHICKEN FAJITAS RICE YOGURT PARFAIT MILK	9 FISH SAND WHEAT HB BUN BOW TIE PASTA BROCCOLI FRUIT COCKTAIL TATAR SAUCE MILK	10 SWEET AND SOUR PORK RICE MIXED VEGETABLES APPLESAUCE WHEAT BREAD MILK	11 MEATLOAF MASHED POTATOES PEAS APRICOTS WHEAT BREAD MILK
14 MAC AND CHEESE STEWED TOMATOES PEAR HALVES CORN BREAD MILK	15 SHEPARD'S PIE WINTER BLEND PINEAPPLE WHEAT BREAD MILK	16 BEEF STEW WHEAT ROLL CANTELOPE MILK	17 HERB CHICKEN MASHED POTATOES BEETS CHOCOLATE CHIP COOKIE /ORANGE JC WHEAT BREAD/MILK	18 HAWIIAN HAM SWEET POTATOES VEGETABLE FRUIT SALAD WHEAT BREAD MILK
21 —CLOSED— TURKEY/GRAVY MASHED POTATOES SQUASH APPLESAUCE WHEAT BREAD MILK <i>HAPPY PRESIDENT'S DAY</i>	22 MICHIGAN HOT DOG HOT DOG BUN SWEET POTATO TOTS COLE SLAW PINEAPPLE MILK	23 HONEY MUSTARD ROAST PORK SWEET POTATOES BROCCOLI CAKE W/BLUEBERRY SAUCE WHEAT BREAD/MILK	24 BBQ CHICKEN CUBE POTATOES COLE SLAW WHOLE PEACH WHEAT ROLL MILK	25 BROCCOLI RICE CASSEROLE PEARS WHEAT ROLL MILK
28 CUBE STEAK W/ MUSHROOM GRAVY MASHED POTATOES CAPRI VEGETABLE APPLESAUCE WHEAT BREAD/MILK				

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, 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.

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