

ACAP NUTRITION PROGRAM MENU MARCH 2024

MENU SUBJECT TO CHANGE W/O NOTICE

				1 SHRIMP ALFREDO W/FETTUCINI PASTA BROCCOLI BANANA WHEAT BREAD MILK
4 VEGETABLE SOUP TURKEY SANDWICH ON WHEAT BREAD CINNAMON BUN APPLE JUICE MILK	5 BBQ CHICKEN CUBE POTATO COLE SLAW WHEAT ROLL STRAWBERRY SHORT CAKE / MILK	6 PHILLY CHEESE STEAK MAC. SALAD SPINACH BUTTERSCOTCH PUDDING APPLE JUICE/MILK WHEAT HAMB. BUN	7 ROAST PORK W/ HONEY MUSTARD MASH SWEETPOTATO CALIFORNIA BLEND FRUIT SALAD WHEAT BREAD MILK	8 SALMON RICE ASPARAGUS CHOCOLATE PUDDING APPLE JUICE WHEAT BREAD MILK
11 SHEPARD'S PIE BROCCOLI/CAULIFLOWER BREAD PUDDING WHEAT BREAD APPLE JUICE MILK	12 SMOTHERED CHICKEN ROASTED RED POTATO SPINACH APPLE JUICE BROWNIE WHEAT BREAD/ MILK	13 MEATLOAF MASHED POTATO BABY CARROTS FRUIT COCKTAIL WHEAT BREAD MILK	14 CHICKEN FAJITAS RICE STRAWBERRIES MILK	15 MACARONI & CHEESE BEETS TAPIOCA PUDDING APPLE JUICE WHEAT BREAD MILK
18 CHEESEBURGER LETTUCE /TOMATO POTATO CUBES BROCCOLI BROWNIE WHEAT HAMB BUN MILK	19 CHICKEN NOODLE SOUP EGG SALAD BREAD PUDDING FRESH PEAR WHEAT ROLL/MILK	20 MICHIGAN HOT DOGS BAKED BEANS CORN APPLE SAUCE WHEAT HD BUN MILK	21 HAWAIIAN HAM SWEET POTATO MIXED VEGETABLES MANDARIN ORANGE SALAD WHEAT BREAD/ MILK	22 FISH ON A WHEAT HAMBURGER BUN BROCCOLI BOW TIE PASTA FRUIT SALAD TARTER SAUCE MILK
25 BAKED ZITI W/MEATSAUCE MIXED VEGETABLE COTTAGE CHEESE W/FRUIT WHEAT ROLL/ MILK	26 CHICKEN/BISCUITS MASHED POTATO GREEN BEANS YOGURT PARFIAT MILK	27 BEEF STEW WHEAT ROLL BANANA PUDDING MILK	28 PORK W/GRAVY SWEET POTATO BRUSEL SPROUTS APRICOTS WHEAT BREAD/MILK	29 SHRIMP ALFREDO W/FETTUCINI PASTA BROCCOLI BANANA 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. If you have a food allergy please notify us. Allergen information is available on prepared foods.

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