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|  |  | 1  CHICKEN W/GRAVY  MASHED POTATO  GREEN BEANS  YOGURT PARFAIT  BISCUIT / MILK | 2  SPANISH RICE  W/GREEN PEPPER  GRAPES  WHEAT BREAD  MILK | 3  HAWIIAN HAM  SWEET POTATO  MANDARIN ORANGE SALAD  WHEAT BREAD / MILK |
| 6  MEATBALL SUB  W/SESAME SEED BUN  ITALIAN VEGGIE  BAKED SWEET POTATO  YOGURT W/FRUIT  MILK | 7  MEATLOAF  MASHED POTATO  BABY CARROTS  FRUIT COCKTAIL  WHEAT BREAD  MILK | 8  ROAST PORK W/  HONEY MUSTARD  MASH. SWEET POTATO  CALIFORNIA BLEND  FRUIT SALAD  WHEAT BREAD /MILK | 9  SMOTHERED CHICKEN  RED POTATOES  SPINACH  BROWNIE  APPLE JUICE  WHEAT BREAD/MILK | 10  SPAGHETTI W/ MEATSAUCE  TOSS SALAD  WHEAT BREAD  YOGURT PARFAIT  MILK |
| 13  TERIYAKI BEEF TIPS  BOW TIE PASTA  WAX BEANS  OATMEAL COOKIE  ORANGE JUICE  WHEAT BREAD/MILK | 14  TACO SALAD  BANANA  WHEAT BREAD  MILK | 15  CUBE STEAK W/ MUSHROOM GRAVY  ROASTED POTATOES  CAPRI VEGETABLES  APPLESAUCE  WHEAT BREAD/ MILK | 16  CHICKEN SALAD  LETTUCE/TOMATO  WHEAT HAMB, BUN  POTATO SALAD  HONEYDEW MELON  MILK | 17  CHILI  CORN BREAD  CUCUMBER SALAD  FRUITED JELLO  MILK |
| 20  CHICKEN ALA KING  EGG NOODLE  SPINACH  CAN PEACHES  WHEAT DINNER ROLL  MILK | 21  BAKED HADDOCK  W/PINEAPPLE SALSA  SWEET POTATO SALAD  YELLOW SQUASH  YOGURT PARFAIT  WHEAT BREAD / MILK | 22  BAKED PORK CHOP  SWEET POTATO  GREEN BEANS  APPLESAUCE  WHEAT BREAD /MILK | 23  PANCAKE SAUSAGE  EGG SLIDER  SPINACH  POTATO CUBES  FRUIT SALAD  MILK | 24  BAKED ZITI  MIXED VEGETABLES  COTTAGE CHEESE  WITH FRUIT  SIDE SALAD  WHEAT BREAD /MILK |
| 27 CLOSED  SWISS BURGER  RED POTATOES  BROCCOLI | 28  CHICKEN STIR FRY  RICE  FORTUNE COOKIE  PINEAPPLE UPSIDE DOWNCAKE  MILK | 29  PHILLY CHEESE STEAK  MACARONI SALAD  SPINACH  BUTTERSCOTCH PUDDING  APPLE JUICE/MILK  WHEAT HAMB. BUN | 30  CHICKEN W/ GRAVY  MASHED POTATO  GREEN BEANS  YOGURT PARFAIT  BISCUIT  MILK | 31  SPANISH RICE  W/GREEN PEPPERS  GRAPES  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. If you have a food allergy please notify us. Allergen information is available on prepared foods,

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