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|  |  | 1CHICKEN W/GRAVY MASHED POTATOGREEN BEANS YOGURT PARFAIT BISCUIT / MILK | 2SPANISH RICE W/GREEN PEPPER GRAPES WHEAT BREAD MILK | 3HAWIIAN HAM SWEET POTATOMANDARIN ORANGE SALAD WHEAT BREAD / MILK |
| 6MEATBALL SUB W/SESAME SEED BUNITALIAN VEGGIE BAKED SWEET POTATOYOGURT W/FRUIT MILK  | 7MEATLOAFMASHED POTATOBABY CARROTS FRUIT COCKTAIL WHEAT BREAD MILK | 8ROAST PORK W/HONEY MUSTARD MASH. SWEET POTATOCALIFORNIA BLEND FRUIT SALAD WHEAT BREAD /MILK | 9SMOTHERED CHICKEN RED POTATOES SPINACH BROWNIE APPLE JUICE WHEAT BREAD/MILK | 10SPAGHETTI W/ MEATSAUCE TOSS SALAD WHEAT BREAD YOGURT PARFAIT MILK |
| 13TERIYAKI BEEF TIPS BOW TIE PASTA WAX BEANS OATMEAL COOKIE ORANGE JUICE WHEAT BREAD/MILK | 14TACO SALAD BANANA WHEAT BREAD MILK | 15CUBE STEAK W/ MUSHROOM GRAVY ROASTED POTATOES CAPRI VEGETABLES APPLESAUCE WHEAT BREAD/ MILK | 16CHICKEN SALAD LETTUCE/TOMATOWHEAT HAMB, BUNPOTATO SALAD HONEYDEW MELONMILK | 17CHILICORN BREAD CUCUMBER SALAD FRUITED JELLOMILK  |
| 20CHICKEN ALA KING EGG NOODLE SPINACH CAN PEACHES WHEAT DINNER ROLLMILK  | 21BAKED HADDOCK W/PINEAPPLE SALSA SWEET POTATO SALAD YELLOW SQUASH YOGURT PARFAIT WHEAT BREAD / MILK | 22BAKED PORK CHOPSWEET POTATO GREEN BEANS APPLESAUCE WHEAT BREAD /MILK | 23PANCAKE SAUSAGEEGG SLIDER SPINACHPOTATO CUBES FRUIT SALAD MILK | 24BAKED ZITI MIXED VEGETABLES COTTAGE CHEESE WITH FRUIT SIDE SALAD WHEAT BREAD /MILK |
| 27 CLOSED SWISS BURGER RED POTATOES BROCCOLI | 28CHICKEN STIR FRY RICEFORTUNE COOKIE PINEAPPLE UPSIDE DOWNCAKE MILK | 29PHILLY CHEESE STEAKMACARONI SALAD SPINACH BUTTERSCOTCH PUDDING APPLE JUICE/MILKWHEAT HAMB. BUN | 30CHICKEN W/ GRAVY MASHED POTATOGREEN BEANSYOGURT PARFAIT BISCUIT MILK | 31SPANISH RICE W/GREEN PEPPERSGRAPES 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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