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| 3 BAKED ZITI W/MEATSAUCE MIXED VEGETABLE FRUIT COCKTAILWHEAT ROLLMILK | 4 PORK W/GRAVYSWEET POTATOBRUSEL SPROUTSAPRICOTSWHEAT BREAD/MILK | 5MACARONI & CHEESEBEETSMIXED FRUIT CUPSWHEAT BREAD MILK | 6PANCAKE SLIDERCUBE POTATOSPINACHFRUIT COCKTAILWHEAT BREAD MILK | 7SHRIMP ALFREDO W/FETTUCCINI PASTABROCCOLI BANANAWHEAT BREAD MILK  |
| 10BBQ CHICKEN CUBE POTATOCOLE SLAW WHEAT ROLLPEARMILK | 11ROAST PORK W/HONEY MUSTARD MASH SWEETPOTATOCALIFORNIA BLENDFRUIT SALAD WHEAT BREAD MILK | 12CHICKEN PARMAGIANASPAGHETTITOSS SALAD RASPBERRIES WHEAT BREAD MILK | 13BEEF STEW WHEAT ROLL BANANAMILK | 14SALMON RICECALIFORNIA BLEND BLUEBERRIES WHEAT BREAD MILK |
| 17LASAGNAITALIAN VEGGIEORANGE GREEN CAKEWHEAT BREAD MILK | 18SMOTHERED CHICKENROASTED RED POTATOSPINACHAPPLE WHEAT BREAD/ MILK | 19HAWIIAN HAMSWEET POTATOMIXED VEGETABLES MANDARIN ORANGEWHEAT BREAD MILK | 20CHICKEN FAJITAS RICE COCONUT CREAM BARSAPPLEMILK | 21BAKED HADDOCKEGG NOODLE BROCCOLIBANANAWHEAT BREAD /MILK |
| 24HAMBURGER LETTUCE /TOMATOPOTATO CUBESBROCCOLIAMBROSIA SALAD WHEAT HAMB BUNMILK | 25CHICKEN NOODLE SOUPEGG SALAD PEARWHEAT BREAD MILK | 26MICHIGAN HOT DOGSMASHED POTATOBROCCOLI SLAW PEACHES WHEAT HD BUNMILK | 27GRILLED CHICKEN LETTUCE/TOMATOCUBE POTATOFRUIT CUPWHEAT HAMB. BUNMILK | 28 CLOSED ANNUAL CONFERENCEMACARONI & CHEESEBEETSMIXED FRUIT CUPSWHEAT BREAD MILK |
| 31CHICKEN/BISCUITSMASHED POTATOGREAN BEANS ORANGEMILK |   |   |  |  |

IMPORTANT POLICY\* Be home between 830am/130pm to receive your meals. If you will not 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.