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| 3  BAKED ZITI W/MEATSAUCE  MIXED VEGETABLE  FRUIT COCKTAIL  WHEAT ROLL  MILK | 4  PORK W/GRAVY  SWEET POTATO  BRUSEL SPROUTS  APRICOTS  WHEAT BREAD/MILK | 5  MACARONI & CHEESE  BEETS  MIXED FRUIT CUPS  WHEAT BREAD  MILK | 6  PANCAKE SLIDER  CUBE POTATO  SPINACH  FRUIT COCKTAIL  WHEAT BREAD  MILK | 7  SHRIMP ALFREDO W/FETTUCCINI PASTA  BROCCOLI  BANANA  WHEAT BREAD  MILK |
| 10  BBQ CHICKEN  CUBE POTATO  COLE SLAW  WHEAT ROLL  PEAR  MILK | 11  ROAST PORK W/  HONEY MUSTARD  MASH SWEETPOTATO  CALIFORNIA BLEND  FRUIT SALAD  WHEAT BREAD  MILK | 12  CHICKEN PARMAGIANA  SPAGHETTI  TOSS SALAD  RASPBERRIES  WHEAT BREAD  MILK | 13  BEEF STEW  WHEAT ROLL  BANANA  MILK | 14  SALMON  RICE  CALIFORNIA BLEND  BLUEBERRIES  WHEAT BREAD  MILK |
| 17  LASAGNA  ITALIAN VEGGIE  ORANGE  GREEN CAKE  WHEAT BREAD  MILK | 18  SMOTHERED CHICKEN  ROASTED RED POTATO  SPINACH  APPLE  WHEAT BREAD/ MILK | 19  HAWIIAN HAM  SWEET POTATO  MIXED VEGETABLES  MANDARIN ORANGE  WHEAT BREAD  MILK | 20  CHICKEN FAJITAS  RICE  COCONUT CREAM BARS  APPLE  MILK | 21  BAKED HADDOCK  EGG NOODLE  BROCCOLI  BANANA  WHEAT BREAD /MILK |
| 24  HAMBURGER  LETTUCE /TOMATO  POTATO CUBES  BROCCOLI  AMBROSIA SALAD  WHEAT HAMB BUN  MILK | 25  CHICKEN NOODLE SOUP  EGG SALAD  PEAR  WHEAT BREAD  MILK | 26  MICHIGAN HOT DOGS  MASHED POTATO  BROCCOLI SLAW  PEACHES  WHEAT HD BUN  MILK | 27  GRILLED CHICKEN  LETTUCE/TOMATO  CUBE POTATO  FRUIT CUP  WHEAT HAMB. BUN  MILK | 28 CLOSED  ANNUAL CONFERENCE  MACARONI & CHEESE  BEETS  MIXED FRUIT CUPS  WHEAT BREAD  MILK |
| 31  CHICKEN/BISCUITS  MASHED POTATO  GREAN BEANS  ORANGE  MILK |  |  |  |  |

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.