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|  | 1TACO SALADBANANAWHEAT BREAD MILK | 2SPANISH RICE W/ GREEN PEPPER GRAPES WHEAT BREAD MILK | 3CHILISIDE SALAD CORN BREAD PEARMILK | 4SHRIMP PASTA SALAD FRESH BABY CARROTS BLUEBERRIES WHEAT BREAD MILK |
| 7MEATLOAFMASHED POTATOESSPINACHFRUIT COCKTAILWHEAT BREAD MILK | 8ROAST PORK W/ HONEY MUSTARDMASH. SWEET POTATO CALIFORNIA BLEND FRUIT SALAD WHEAT BREAD /MILK | 9SMOTHERED CHICKENRED ROASTED POTATOES SPINACHBROWNIE APPLE WHEAT BREAD / MILK | 10SPAGHETTI W/ TURKEY MEATBALLSITALIAN VEGETABLEWHEAT BREAD PINEAPPLE TIDBITSMILK | 11PANCAKE CHEESE EGG SLIDER SPINACHPOTATO CUBES MIXED FRUIT CUP MILK |
| 14CUBE STEAK W/ MUSHROOM GRAVY ROASTED POTATOESCAPRI VEGETABLEAPPLESAUCE WHEAT BREAD/ MILK | 15TERIYAKI BEEF TIPS RICEWAX BEANS OATMEAL COOKIE ORANGE WHEAT BREAD/MILK | 16CAPRESE CHICKEN SPAGHETTI SALADCALIFORNIA BLEND VEG.APPLE WHEAT BREAD MILK | 17HAWIIAN HAMSWEET POTATOMIXED VEGETABLE MANDARIN ORANGEWHEAT BREAD MILK | 18TUNA VEGGIE CASSEROLEGREEN BEANS APPLEWHEAT BREAD MILK |
| 21CHICKEN ALA KINGEGG NOODLE SPINACH CAN PEACHESWHEAT DINNER ROLLMILK | 22BAKED ZITIMIXED VEGETABLES FRUIT COCKTAILSIDE SALADWHEAT BREAD MILK | 23CHICKEN QUINOA SALADFRENCH FRIESTANGERINE WHEAT BREAD MILK | 24PHILLY CHEESE STEAK MACARONI SALAD BROCCOLI RAISIN SALAD/MANDARIN ORANGE / MILKWHEAT HAMB. BUN | 25MEATBALL SUBW/ SESAME SEED BUNITALIAN VEGGIE TATER TOTSPEARS /MILK |
| 28CHICKEN W/ GRAVY MASHED POTATOGREEN BEANS ORANGE BISCUITMILK | 29SWISS CHEESE BURGER WHEAT HAMB. BUNROASTED RED POTATOZUCCHINIPEAR HALVESMILK | 30TACO SALADBANANAWHEAT BREAD 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 contribution 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.