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| 2  MEATLOAF  MASHED POTATO  BABY CARROTS  FRUIT COCKTATIL  WHEAT BREAD  MILK | 3  CHILI  CORN BREAD  SIDE SALAD  PEAR  MILK | 4  SHRIMP PASTA SALAD  FRESH BABY CARROTS  BLUEBERRIES  WHEAT BREAD  MILK | 5  ROAST PORK W/ HONEY MUSTARD  MASH SWEET POTATO  CALIFORNIA BLEND  FRUIT SALAD  WHEAT BREAD / MILK | 6  SMOTHERED CHICKEN  RED POTATOES  SPINACH  BROWNIE  APPLE  WHEAT BREAD/MILK |
| 9  SPAGHETTI W/MEATSAUCE  ITALIAN VEGGIE  PINEAPPLE TIDBITS  WHEAT BREAD  MILK | 10  PANCAKE SAUSAGE  EGG SLIDER  CUBE POTATO  SPINACH  MIXED FRUIT CUP  MILK | 11  CUBE STEAK W/  MUSHROOM GRAVY  ROASTED POTATOES CAPRI VEGETABLES  APPLESAUCE  WHEAT BREAD/ MILK | 12  TERIYAKI BEEF TIPS  BOW TIE PASTA  WAX BEANS  OATMEAL COOKIE  ORANGE  WHEAT BREAD / MILK | 13  CAPRESE CHICKEN  SPAGHETTI SALAD  CALIFORNIA BLEND  VEGGIE  APPLE  WHEAT BREAD /MILK |
| 16  HAWIIAN HAM  SWEET POTATO  MIXED VEGETABLE  MANDARIN ORANGE  WHEAT BREAD  MILK | 17  TUNA VEGGIE CASSEROLE  GREAN BEANS  APPLE  WHEAT BREAD  MILK | 18  CHICKEN ALA KING  EGG NOODLE  SPINACH  CAN PEACHES  WHEAT DINNER ROLL  MILK | 19 CLOSED  SWISS BURGER  RED POTATO  ZUCCHINI  WHEAT HAMBURGER BUN / MILK | 20  BAKED ZITI  MIXED VEGETABLES  FRUIT COCKTAIL  SIDE SALAD  WHEAT BREAD/ MILK |
| 23  BBQ CHICKEN  CUBE POTATOES  COLE SLAW  TANGERINES  WHEAT ROLL  MILK | 24  PHILLY CHEESE STEAK  MACARONI SALAD  SPINACH  BROCCOLI RAISN SALAD/MILK  MANDARIN ORANGES  WHEAT HAMB. BUN | 25  MEATBALL SUB  W/SESAME SEED BUN  ITALIAN VEGGIE  TATER TOTS  PEARS  MILK | 26  CHICKEN W/ GRAVY  MASHED POTATO  GREEN BEANS  ORANGE  BISCUIT  MILK | 27  TACO SALAD  BANANA  WHEAT BREAD  MILK |
| 30  SPANISH RICE  W/GREEN PEPPERS  GRAPES  WHEAT 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.