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| 2MEATLOAF MASHED POTATOBABY CARROTS FRUIT COCKTATIL WHEAT BREAD MILK | 3CHILI CORN BREAD SIDE SALAD PEAR MILK | 4SHRIMP PASTA SALAD FRESH BABY CARROTS BLUEBERRIES WHEAT BREAD MILK | 5ROAST PORK W/ HONEY MUSTARDMASH SWEET POTATOCALIFORNIA BLEND FRUIT SALAD WHEAT BREAD / MILK | 6 SMOTHERED CHICKEN RED POTATOES SPINACHBROWNIE APPLEWHEAT BREAD/MILK |
| 9 SPAGHETTI W/MEATSAUCE ITALIAN VEGGIE PINEAPPLE TIDBITS WHEAT BREAD MILK | 10PANCAKE SAUSAGE EGG SLIDER CUBE POTATOSPINACHMIXED FRUIT CUPMILK | 11CUBE STEAK W/MUSHROOM GRAVYROASTED POTATOES CAPRI VEGETABLES APPLESAUCEWHEAT BREAD/ MILK | 12TERIYAKI BEEF TIPSBOW TIE PASTA WAX BEANS OATMEAL COOKIE ORANGE WHEAT BREAD / MILK | 13CAPRESE CHICKEN SPAGHETTI SALAD CALIFORNIA BLEND VEGGIE APPLE WHEAT BREAD /MILK |
| 16HAWIIAN HAMSWEET POTATOMIXED VEGETABLEMANDARIN ORANGE WHEAT BREAD MILK | 17TUNA VEGGIE CASSEROLE GREAN BEANSAPPLEWHEAT BREAD MILK | 18  CHICKEN ALA KING EGG NOODLE SPINACH CAN PEACHES WHEAT DINNER ROLLMILK  | 19 CLOSED SWISS BURGER RED POTATOZUCCHINI WHEAT HAMBURGER BUN / MILK | 20BAKED ZITIMIXED VEGETABLES FRUIT COCKTAILSIDE SALAD WHEAT BREAD/ MILK |
| 23BBQ CHICKEN CUBE POTATOES COLE SLAW TANGERINES WHEAT ROLLMILK | 24PHILLY CHEESE STEAKMACARONI SALAD SPINACHBROCCOLI RAISN SALAD/MILKMANDARIN ORANGES WHEAT HAMB. BUN | 25MEATBALL SUB W/SESAME SEED BUNITALIAN VEGGIETATER TOTS PEARS MILK | 26CHICKEN W/ GRAVYMASHED POTATOGREEN BEANS ORANGE BISCUIT MILK | 27TACO SALAD BANANA WHEAT BREAD MILK |
| 30SPANISH 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.