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|  |  |  |  | 1MACARONI AND CHEESE BROCCOLI GRAPES WHEAT BREAD MILK |
| 4BBQ CHICKEN SWEET POTATOZUCCHINIBLUEBERRIES WHEAT BREAD MILK | 5CHICKEN FRIED CHICKEN /COUNTRY GRAVY/ MASHED POTATO/CALIFORNIA BLEND /PEAR HALFWHEAT BREAD/MILK | 6SALMON RICEASPARAGUSBLUEBERRIES WHEAT BREAD/MILK | 7CHICKEN CAESAR SALADCROUTONS HARD BOILED EGGAPPLE MILK | 8FRENCH TOAST EGG PATTYHASH BROWN SPINACHFRUIT SALAD APPLE JUICE/MILK |
| 11STUFFED ZUCCHINISHELL PASTA W/PESTOZUCCHINICANNED PEACHES WHEAT BREADMILK | 12SPAGHETTI W/TURKEY MEATBALLSITALIAN VEGGIEPEARS WHEAT BREAD / MILK | 13TURKEY SUBWHEAT HOAGIE ROLLLETTUCE/TOMATOCUCUMBER SALADPOTATO SALAD MIXED BERRIES/MILK | 14BBQ PULLED PORKWHEAT HAMB. BUNBAKED BEANS CARROT RAISIN SALAD APPLE SAUCE MILK | 15MICHIGANBAKED BEANSCOLE SLAW PEACHES WHEAT BUN/MILK |
| 18SAUSAGE AND PEPPERSWHEAT HOT DOG BUNSWEET POTATOPINEAPPLE CHUNKS MILK | 19TACO SALAD BANANAWHEAT BREAD MILK | 20FISH SANDWICHWHEAT HAMB. BUNSWEET POTATO SALAD ORANGE MILK | 21TUNA W/TOMATOWHEAT BREAD SLICED CUCUMBERSAPRICOTSMILK | 22CHEF SALAD POTATO SALAD WATERMELONWHEAT BREAD MILK |
| 25STUFFED SHELLS W/SAUSAGE ITALIAN VEGGIE SIDE SALAD RASPBERRIESWHEAT BREAD/MILK | 26PEACH BALSAMIC CHICKENMASHED POTATOGREEN BEANS FRUIT COCKTAILWHEAT BREAD/ MILK | 27CHEESEBURGER LETTUCE/TOMATOSWEET POTATO FRIESCOLE SLAWAPPLEWHEAT BUN/MILK | 28CHICKEN QUESADILLA RICECANTALOUPEMILK | 29PORK CHOP W/GRAVYROASTED RED POT. GREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIE/ MILKWHEAT BREAD |

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 for prepared food items.

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