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|  | 1CHICKEN QUESADILLARICESTIR FRY VEGETABLECANTALOUPEMILK | 2PORK CHOP W/GRAVYROASTED RED POTATOGREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIE WHEAT BREAD /MILK | 3 MACARONI & CHEESEBROCCOLIGRAPES WHEAT BREAD /MILK | 4 CLOSED BBQ CHICKENSWEET POTATOZUCCHINI |
| 7CHICKEN FRIED CHICKEN COUNTRY GRAVY MASHED POTATOCALIFORNIA BLEND PEAR HALFWHEAT BREAD / MILK | 8SALMONRICE ASPARAGUS BLUEBERRIESWHEAT BREAD / MILK | 9CHICKEN CEASER SALAD CROUTONSHARD BOILED EGG APPLE MILK  | 10FRENCH TOAST EGG PATTY HASH BROWNSPINACHFRUIT SALAD APPLE JUICE /MILK | 11STUFFED ZUCCHINISHELL PASTA W/PESTOZUCCHINICANNED PEAHES WHEAT BREAD MILK |
| 14SPAGHETTI W/ TURKEY MEATBALLSITALIAN VEGGIEPEARSWHEAT BREAD / MILK | 15TURKEY SUBWHEAT HOAGIE ROLLLETTUCE/TOMATOCUCUMBER SALADPOTATO SALADMIXED BERRIES/MILK | 16BBQ PULLED PORKWHEAT HAMB. BUNBAKED BEANSCARROT RAISIN SALADAPPLESAUCEMILK | 17MICHIGANS BAKED BEANS COLESLAW PEACHES WHEAT BUN/ MILK | 18TACO SALAD BANANAWHEAT BREAD MILK |
| 21SAUSAGE AND PEPPERS WHEAT HOT DOG BUNSWEET POTATOPINEAPPLE CHUNKS MILK | 22FISH SANDWICHWHEAT HAMB. BUNSWEET POTATO SALADORANGEMILK | 23TUNA SALAD W/ TOMATOWHEAT BREAD SLICED CUCUMBER APRICOTS MILK | 24STUFFED SHELLS W/SAUSAGE ITALIAN VEGGIE SIDE SALAD RASPBERRIES WHEAT BREAD/MILK | 25CHEF SALAD POTATO SALAD WATERMELONWHEAT BREAD MILK |
| 28PEACH BALSAMIC CHICKENMASHED POTATOGREEN BEANS FRUIT COCKTAILWHEAT BREAD /MILK | 29CHEESEBURGER LETTUCE/TOMATOSWEET POT. FRIES COLE SLAW APPLE WHEAT BUN/MILK | 30CHICKEN QUESADILLARICESTIR FRY VEGETABLECANTALOUPE MILK | 31PORK CHOP W/GRAVYRED POTATOGREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIEWHEAT 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.

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