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|    |   | 1PARMESAN CRUSTED CHICKEN CUBED POTATOESGREEN BEANSPEACHES WHEAT BREAD /MILK | 2ZUCCHINI GOULASHBOW TIE PASTAZUCCHINIAPPLE WHEAT BREAD MILK | 3CHILICARROTSCORNBREAD PEAR MILK |
| 6 SHEPARDS PIEBROCCOLICAULIFLOWER PEARWHEAT BREAD MILK | 7PHILLY CHEESE STEAKSPINACHMAC. SALAD WHEAT HAMBURGER BUN MIXED FRUIT CUPMILK | 8CRUNCHY FRENCH ONION CHICKEN MASHED POTATOGREEN BEANS BANANAWHEAT BREAD MILK | 9BBQ RIBSMASHED POTATOBEETS WHEAT ROLLAPPLE SAUCE MILK | 10FISH SAND ON A WHEAT HAMBURGER BUNSWEET POT. SALADBROCCOLIORANGETARTER SAUCE/MILK |
| 13 CLOSED HAPPY COLUMBUS DAYCHICKEN AND GRAVY MASHED POTATOGREEN BEANS/ BISCUITORANGE/ MILK | 14MUSHROOM SWISS HAMBURGER ROASTED POTATOESZUCCHINI PEAR HALVES WHEAT HAMB BUN MILK | 15CHICKEN TERIYAKIRICEBROCCOLIMANDARIN ORANESWHEAT BREAD MILK | 16BAKED HAM W/ BROWN SUGAR GLAZESWEET POTATOMIXED VEGETABLESAPPLE WHEAT BREAD /MILK | 17TURKEY/ GRAVYMASHED POTATO BRUSSEL SPROUTSAPPLE SAUCECRANBERRY SAUCE WHEAT BREADMILK |
| 20HERB CHICKENRICEASPARAGUS MANDARIN ORANGESWHEAT BREAD/MILK | 21MEATLOAFMASHED POTATOBABY CARROTSFRUIT COCKTAILWHEAT BREAD/MILK | 22POTATO CORN CHOWDERPEACHESWHEAT DINNER ROLLMILK | 23SLOPPY JOEMASHED POTATOCOLE SLAWWHEAT HAMBURG BUN/APPLESAUCEMILK | 24CHICKEN FRIED CHICKENMASHED POTATOCALIFORNIA BLENDPEARSWHEAT BREAD MILK |
| 27CHICKEN CACCIATORE SPAGHETTIWAX BEANS APPLEWHEAT ROLL/ MILK | 28SPANISH RICEW/ PEPPERSCALIFORNIA BLEND GRAPES WHEAT BREAD MILK | 29STUFFED SHELLS W/ SAUSAGE MEATSAUCE SIDE SALADMIXED BERRIES WHEAT BREAD MILK | 30PARMESAN CRUSTED CHICKENCUBE POTATOES GREEN BEANS PEACHESWHEAT BREAD /MILK | 31ZUCCHINI GOULASHBOW TIE PASTAAPPLE 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 for prepared food items.

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