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|  |  | 1  PARMESAN CRUSTED CHICKEN  CUBED POTATOES  GREEN BEANS  PEACHES  WHEAT BREAD /MILK | 2  ZUCCHINI GOULASH  BOW TIE PASTA  ZUCCHINI  APPLE  WHEAT BREAD  MILK | 3  CHILI  CARROTS  CORNBREAD  PEAR  MILK |
| 6  SHEPARDS PIE  BROCCOLI  CAULIFLOWER  PEAR  WHEAT BREAD  MILK | 7  PHILLY CHEESE STEAK  SPINACH  MAC. SALAD  WHEAT HAMBURGER BUN  MIXED FRUIT CUP  MILK | 8  CRUNCHY FRENCH ONION CHICKEN  MASHED POTATO  GREEN BEANS  BANANA  WHEAT BREAD  MILK | 9  BBQ RIBS  MASHED POTATO  BEETS  WHEAT ROLL  APPLE SAUCE  MILK | 10  FISH SAND ON A WHEAT HAMBURGER BUN  SWEET POT. SALAD  BROCCOLI  ORANGE  TARTER SAUCE/MILK |
| 13  CLOSED  HAPPY COLUMBUS DAY  CHICKEN AND GRAVY  MASHED POTATO  GREEN BEANS/ BISCUIT  ORANGE/ MILK | 14  MUSHROOM SWISS HAMBURGER  ROASTED POTATOES  ZUCCHINI  PEAR HALVES  WHEAT HAMB BUN MILK | 15  CHICKEN TERIYAKI  RICE  BROCCOLI  MANDARIN ORANES  WHEAT BREAD  MILK | 16  BAKED HAM W/ BROWN SUGAR GLAZE  SWEET POTATO  MIXED VEGETABLES  APPLE  WHEAT BREAD /MILK | 17  TURKEY/ GRAVY  MASHED POTATO  BRUSSEL SPROUTS  APPLE SAUCE  CRANBERRY SAUCE  WHEAT BREAD  MILK |
| 20  HERB CHICKEN  RICE  ASPARAGUS  MANDARIN ORANGES  WHEAT BREAD/MILK | 21  MEATLOAF  MASHED POTATO  BABY CARROTS  FRUIT COCKTAIL  WHEAT BREAD/MILK | 22  POTATO CORN CHOWDER  PEACHES  WHEAT DINNER ROLL  MILK | 23  SLOPPY JOE  MASHED POTATO  COLE SLAW  WHEAT HAMBURG BUN/APPLESAUCE  MILK | 24  CHICKEN FRIED CHICKEN  MASHED POTATO  CALIFORNIA BLEND  PEARS  WHEAT BREAD  MILK |
| 27  CHICKEN CACCIATORE  SPAGHETTI  WAX BEANS  APPLE  WHEAT ROLL/ MILK | 28  SPANISH RICE  W/ PEPPERS  CALIFORNIA BLEND  GRAPES  WHEAT BREAD  MILK | 29  STUFFED SHELLS W/ SAUSAGE MEATSAUCE  SIDE SALAD  MIXED BERRIES  WHEAT BREAD  MILK | 30  PARMESAN CRUSTED CHICKEN  CUBE POTATOES  GREEN BEANS  PEACHES  WHEAT BREAD /MILK | 31  ZUCCHINI GOULASH  BOW TIE PASTA  APPLE  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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