|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 CLOSED MACARONI AND CHEESE BROCCOLI/ GRAPES  | 2BBQ CHICKENSWEET POTATOZUCCHINIBLUEBERRIES WHEAT BREAD MILK | 3CHICKEN FRIED CHICKENCOUNTRY GRAVYMASHED POTATOCALIFORNIA BLEND PEAR SLICES WHEAT BREAD /MILK | 4SALMONRICEASPARAGUSBLUEBERRIESWHEAT BREAD/MILK | 5CHICKEN CAESAR SALADCROUTONS HARD BOILED EGGAPPLE MILK |
| 8SPAGHETTI W/TURKEY MEATBALLSITALIAN VEGGIEPINEAPPLE CHUNKSWHEAT BREAD/MILK | 9FRENCH TOAST EGG PATTYHASH BROWN SPINACHFRUIT SALAD APPLE JUICE/MILK | 10STUFFED ZUCCHINISHELL PASTA W/PESTOZUCCHINICANNED PEACHES WHEAT BREAD MILK | 11TURKEY SUB WHEAT HOAGIE ROLLLETTUCE/TOMATOCUCUMBER SALAD POTATO SALAD MIXED BERRIES MILK | 12BBQ PULLED PORK WHEAT HAMB. BUNBAKED BEANSCARROT RAISIN SALAD APPLE SAUCE MILK |
| 15SAUSAGE AND PEPPERSWHEAT HOTDOG BUNSWEET POTATOPINEAPPLE CHUNKSMILK | 16TACO SALADBANANAWHEAT BREADMILK | 17MICHIGANBAKED BEANS CUCUMBER SALAD WATERMELONWHEAT BUNMILK | 18CHEF SALAD POTATO SALADWATERMELONWHEAT BREAD MILK | 19TUNA W/TOMATOWHEAT BREAD SLICED CUCUMBERS APRICOTSMILK |
| 22STUFFED SHELLSW/SAUSAGEITALIAN VEGGIESIDE SALADRASPBERRIESWHEAT BREAD/MILK | 23FISH SANDWICHWHEAT HAMB BUNSWEET POTATO SALAD ORANGE MILK | 24PEACH BALSAMIC CHICKENMASHED POTATOGREEN BEANS FRUIT COCKTAILWHEAT BREAD/MILK | 25CHEESEBURGER LETTUCE /TOMATOSWEET POTATO FRIES COLE SLAW APPLE WHEAT BUN/MILK | 26CHICKEN QUESADILLARICECANTALOUPEMILK |
| 29PORK CHOP W/GRAVYSWEET POTATOGREEN BEANS PINEAPPLE TIBDITSPEANUTBUTTER COOKIEWHEAT BREAD/MILK | 30 MACARONI AND CHEESE BROCCOLIGRAPES 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.

[This Photo](http://www.pngall.com/usa-memorial-day-png) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/)