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| 1 CLOSED MACARONI AND CHEESE  BROCCOLI/ GRAPES | 2  BBQ CHICKEN  SWEET POTATO  ZUCCHINI  BLUEBERRIES  WHEAT BREAD  MILK | 3  CHICKEN FRIED CHICKEN  COUNTRY GRAVY  MASHED POTATO  CALIFORNIA BLEND  PEAR SLICES  WHEAT BREAD /MILK | 4  SALMON  RICE  ASPARAGUS  BLUEBERRIES  WHEAT BREAD/MILK | 5  CHICKEN CAESAR SALAD  CROUTONS  HARD BOILED EGG  APPLE  MILK |
| 8  SPAGHETTI W/TURKEY MEATBALLS  ITALIAN VEGGIE  PINEAPPLE CHUNKS  WHEAT BREAD/MILK | 9  FRENCH TOAST  EGG PATTY  HASH BROWN  SPINACH  FRUIT SALAD  APPLE JUICE/MILK | 10  STUFFED ZUCCHINI  SHELL PASTA W/PESTO  ZUCCHINI  CANNED PEACHES  WHEAT BREAD  MILK | 11  TURKEY SUB  WHEAT HOAGIE ROLL  LETTUCE/TOMATO  CUCUMBER SALAD  POTATO SALAD  MIXED BERRIES  MILK | 12  BBQ PULLED PORK  WHEAT HAMB. BUN  BAKED BEANS  CARROT RAISIN SALAD  APPLE SAUCE  MILK |
| 15  SAUSAGE AND PEPPERS  WHEAT HOTDOG BUN  SWEET POTATO  PINEAPPLE CHUNKS  MILK | 16  TACO SALAD  BANANA  WHEAT BREAD  MILK | 17  MICHIGAN  BAKED BEANS  CUCUMBER SALAD  WATERMELON  WHEAT BUN  MILK | 18  CHEF SALAD  POTATO SALAD  WATERMELON  WHEAT BREAD  MILK | 19  TUNA W/TOMATO  WHEAT BREAD  SLICED CUCUMBERS  APRICOTS  MILK |
| 22  STUFFED SHELLS  W/SAUSAGE  ITALIAN VEGGIE  SIDE SALAD  RASPBERRIES  WHEAT BREAD/MILK | 23  FISH SANDWICH  WHEAT HAMB BUN  SWEET POTATO SALAD  ORANGE  MILK | 24  PEACH BALSAMIC CHICKEN  MASHED POTATO  GREEN BEANS  FRUIT COCKTAIL  WHEAT BREAD/MILK | 25  CHEESEBURGER  LETTUCE /TOMATO  SWEET POTATO FRIES  COLE SLAW  APPLE  WHEAT BUN/MILK | 26  CHICKEN QUESADILLA  RICE  CANTALOUPE  MILK |
| 29  PORK CHOP W/GRAVY  SWEET POTATO  GREEN BEANS  PINEAPPLE TIBDITS  PEANUTBUTTER COOKIE  WHEAT BREAD/MILK | 30  MACARONI AND CHEESE  BROCCOLI  GRAPES  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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