

April Menu

		1 Taco salad, banana, wheat bread, milk	2 Crunchy french onion chicken, mashed potato, green beans, apricots, wheat bread, milk	3 Cheese ravioli, tossed salad, peaches, garlic bread
6 Turkey with gravy, mashed potato, green beans, cranberry sauce, mixed berries, wheat bread, milk	7 Spanish rice with green pepper, california blend, grapes, wheat bread, milk	8 Baby back ribs, potato salad, beets, apple, dinner roll, milk	9 Chicken cordon bleu, carrots, red roasted potato, peaches, wheat bread, milk	10 Cube steak with mushroom gravy, roasted potatoes, capri veggie, apple sauce, wheat bread, milk
13 English muffin, egg slider, spinach, potato cubes, mixed fruit cup, milk / V8 juice	14 Smothered chicken, roasted red potato, spinach, apple, wheat bread, milk	15 Caprese chicken spaghetti salad, cali blend veggie, apple, oatmeal cookie, wheat bread, milk	16 Chili, side salad, corn bread, diced carrots, pear, milk	17 Breaded fish, tomato zucchini, pasta salad, cali blend veggie, mixed berries, wheat bread, milk
20 Chicken ala king, egg noodle, stir fry veggie, canned peaches, wheat dinner roll, milk	21 Beef stroganoff, egg noodles, carrots, vanilla pudding, banana, wheat bread, milk	22 Sweet & sour chicken, rice, oriental blend veggie, fruit, wheat bread, milk	23 Philly cheese steak on wheat bun, macaroni salad, broccoli raisin salad, mandarin orange, milk	24 Meatball sub with sesame seed bun, italian veggie, side salad, tater tots, pears, milk
27 Spaghetti with turkey meatballs, italian veggie, wheat bread, pineapple tidbits, milk	28 Swiss cheeseburger on wheat bun, french fries, coleslaw, apple, milk	29 Chicken rice casserole, green beans, diced pears, wheat bread, milk	30 Taco salad, banana, wheat bread, milk	

Menu subject to change without notice

Important Policy

FOR HOME DELIVERED MEALS:

Please be home between 8:30 AM-1:30 PM to receive your meals. If you will not be home, please call 518-962-2730 or 518-873-3695 before 9AM to cancel. You can also leave a note if you will not be home. All home delivered and congregate meal cancellations will be on WPTZ Channel 5.

REHEATING MEAL INSTRUCTIONS:

Vent the plastic sections with a fork or pull the corner of each food section to vent. Caution! Steam will be very hot!

To heat in the microwave: Heat the meal 2-3 minutes on high or until food reaches a temp of 165 degrees.

To heat in the oven: Place meal on a cookie sheet in the middle of the oven at 350 degrees for 20-25 minutes or until food reaches a temp of 165 degrees.

Menu subject to change without notice. Suggested contribution is \$3.50 per meal for persons over 60. No older adult will be denied services due to an 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 is available upon request.