

# DECEMBER MENU

1 Zucchini goulash, bow tie pasta, zucchini, apple, wheat bread, milk	2 Chili, carrots, cornbread, pear, milk	3 Shepards pie, broccoli/cauliflower, pear, wheat bread, ,milk	4 Philly cheese steak, spinach, mac salad, wheat hamburger bun, mixed fruit, milk	5 Crunchy french onion chicken, cubed potato, green beans, banana, wheat bread, milk
8 BBQ ribs, mashed potato, beets, apple sauce, wheat roll, milk	9 Chicken & biscuits, mashed potato, green beans, orange, milk	10 Mushroom swiss burger on wheat bun, roasted potatoes, zucchini, pear halves, milk	11 Potato corn chowder, peaches, wheat roll, milk	12 Chicken teriyaki, rice, broccoli, mandarin oranges, wheat bread, milk
15 Herb chicken, rice, asparagus, mandarin oranges, wheat bread, milk	16 Sloppy joe on wheat bun, mashed potato, coleslaw, apple sauce, milk	17 Stuffed shells with sausage meat sauce, side salad, mixed berries, wheat bread, milk	18 Baked ham w/ brown sugar glaze, sweet potato, mixed veggies, apple/ cheesecake, wheat bread, milk	19 Meatloaf, mashed potato, baby carrots, fruit cocktail, wheat bread, milk
22 Turkey & gravy, mashed potato, brussel sprouts, cranberry sauce, wheat bread, milk	23 Spanish rice with peppers, california blend, grapes, wheat bread, milk	24 Parmesan chicken, cube potatoes, green beans, peaches, wheat bread, milk	25 -CLOSED-  Fish on a wheat bun, bow tie pasta, broccoli, orange, milk	26 -CLOSED-  Chicken fried chicken, mashed potato, california blend, pears, milk
29 Chicken cacciatore, spaghetti, wax beans, apple, wheat roll, milk	30 Zucchini goulash, bow tie pasta, zucchini, apple, wheat bread, milk	31 Chili, carrots, cornbread, pear, 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.