

February Menu

2 Pork with gravy, sweet potato, brussel sprouts, apricots, wheat bread, milk	3 Pancake slider, cube potato, spinach, mixed fruit cup, wheat bread, milk	4 Chicken parm, spaghetti, toss salad, raspberries, wheat bread, milk	5 Roast pork with honey mustard, sweet potato, cali blend veggie, blueberries, wheat bread, milk	6 Chicken and gravy, mashed potato, green beans, orange, biscuit, milk
9 BBQ chicken, cube potato, coleslaw, mixed berries, wheat roll, milk	10 Beef stew, banana, wheat bread, milk	11 Smothered chicken, roasted red potato, spinach, apple, wheat bread, milk	12 Baked ziti, mixed veggies, fruit cocktail, dinner roll, milk	13 Chicken fajitas, rice, mixed berries, milk
16 -CLOSED- Grilled chicken, cube potato, diced carrots, peaches, wheat HB bun, milk	17 Meatloaf, mashed potato, baby carrots, fruit cocktail, wheat bread, milk	18 -Ash Wednesday- Macaroni & cheese, beets, mixed fruit cup, wheat bread	19 Michigan, hot dog on wheat bun, mashed potato, broccoli slaw, peaches, milk	20 Shrimp alfredo, fettuccine pasta, broccoli, banana, wheat bread, milk
23 Roast beef & gravy, roasted red potato, mixed veggies, mixed fruit cup, wheat bread, milk	24 Lasagna, italian veggie, orange, wheat bread, milk	25 Chicken pot pie, diced carrots, grapes, wheat bread, milk	26 Hamburger on wheat bun, lettuce & tomato, cube potato, broccoli, ambrosia salad, milk	27 Tomato rice soup, egg salad, pear, 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.