

January Menu

			1 -CLOSED- Hawaiian ham, sweet potato, mixed veggies, mandarin oranges, wheat bread, milk	2 Pork with gravy, mashed potato, brussel sprouts, apricots, wheat bread, milk
5 Smothered chicken, roasted red potato, spinach, apple, wheat bread, milk	6 Pancake slider, cube potatoes, spinach, mixed fruit cup, wheat bread, milk	7 Chicken parm, spaghetti, tossed salad, raspberries, wheat bread, milk	8 Shrimp alfredo, fettuccine pasta, broccoli, banana, wheat bread, milk	9 Roast pork with honey mustard, sweet potato, cali veggie, blueberries, wheat bread, milk
12 Macaroni & cheese, beets, mixed fruit cup, wheat bread, milk	13 Beef stew, banana, wheat bread, milk	14 BBQ chicken, cubed potato, coleslaw, wheat roll, mixed berries, milk	15 Baked ziti, mixed veggies, fruit cocktail, dinner roll, milk	16 chicken fajitas, rice, mixed berries, milk
19 -CLOSED- Grilled chicken sandwich on wheat bun, cube potato, peaches, milk	20 Meatloaf, mashed potato, baby carrots, fruit cocktail, wheat bread, milk	21 Michigan hot dogs, mashed potato, broccoli slaw, peaches, milk	22 Lasagna, italian veggie, orange, wheat bread, milk	23 Tomato rice soup, egg salad, pear, bread, milk
26 Roast beef with gravy, roasted red potato, mixed veggies, mixed fruit cup, wheat bread, milk	27 Chicken pot pie, diced carrots, grapes, wheat bread, milk	28 Hamburger, wheat bun, lettuce & tomato, cube potato, broccoli, ambrosia salad, milk	29 Chicken & gravy, mashed potato, green beans, orange, biscuit, milk	30 Hawaiian ham, sweet potato, mixed veggies, mandarin oranges, 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.