

# March Menu

2 Hawaiian ham, sweet potato, mixed veggies, mandarin oranges, wheat bread, milk	3 Pork with gravy, sweet potato, brussel sprouts, apricots, wheat bread, milk	4 Chicken parm, spaghetti, tossed salad, raspberries, wheat bread, milk	5 Roast pork with honey mustard, mashed sweet potato cali blend veggie, blueberries, wheat bread, milk	6 Shrimp alfredo w/ fettuccini pasta, broccoli, banana, wheat bread, milk
9 Chicken and gravy, mashed potato, green beans, orange, biscuit, milk	10 Beef stew, banana, wheat roll, milk	11 Baked ziti, mixed veggie, fruit cocktail, wheat roll, milk	12 BBQ chicken, cube potato, coleslaw, mixed berries, wheat roll, milk	13 Pancake slider with cheese, cube potato, spinach, mixed fruit cup, wheat bread, milk
16 Roast beef with gravy, roasted red potato, mixed veggie, mixed fruit cup, wheat bread, milk	17 Smothered chicken, roasted red potato, spinach, apple, wheat bread, milk	18 Meatloaf, mashed potato, baby carrots, fruit cocktail, wheat bread, milk	19 Chicken fajitas, rice, mixed berries, milk	20 Mac & cheese, beets, mixed fruit cup, wheat bread, milk
23 Grilled chicken on wheat HB bun, lettuce & tomato, cube potato, diced carrots, peaches, milk	24 Lasagna, italian veggie, orange, wheat bread, milk	25 Michigan hot dogs, mashed potato, broccoli slaw, peaches, wheat HD bun, milk	26 Chicken pot pie, diced carrots, grapes, wheat bread, milk	27 Tomato rice soup, egg salad, pear, wheat bread, milk
30 Hamburger on wheat bun, lettuce & tomato, cube potato, broccoli, ambrosia salad, milk	31 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.