NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chili, carrots, cornbread, pear, milk	3 Lemon pepper pork, wheat egg noodles, cali blend veggie, fruit cocktail, wheat bread, milk	4 Chicken rice casserole, green beans, apple, wheat roll, milk	5 Spaghetti with meat sauce, broccoli, orange, garlic bread, milk	6 BBQ ribs, baked beans, sweet potato fries, tropical fruit with granola, wheat roll, milk
9 Goulash, bow tie pasta, capri veggie, banana, wheat roll, fig newton, milk	10 Chicken and gravy, mashed potato, corn, wheat biscuit, mixed fruit with granola, milk	11 -CLOSED- Mushroom swiss burger on wheat bun, cubed potatoes, zucchini, pear halves, fig newton, milk	12 Chicken teriyaki, rice, broccoli, mandarin oranges, wheat bread, milk	13 Ham slice with swiss on wheat bun, sweet potato tots, mixed veggies, pineapple tidbits, fig newton, milk
16 French onion chicken, wheat egg noodles, green beans, apricots, wheat bread, milk	17 Turkey noodle casserole, mixed veggies, fruit cup, fig newton, wheat bread, milk	18 Potato corn chowder, turkey sandwich with swiss on wheat bread, peaches with granola, milk	19 Turkey & gravy, mashed potato, green beans, peaches, cranberry sauce, wheat bread, milk, pumpkin pie	20 Pork chop, rice, mixed veggie, apple, wheat roll, milk
23 Philly cheese steak, spinach, tater tots, wheat hamburger bun, mixed fruit with granola, milk	24 Chicken cacciatore, spaghetti, wax beans, pears, wheat roll, milk	25 Shepards pie, broccoli, cauliflower, apple sauce, wheat bread, milk	26 -CLOSED- Spanish rice, cali blend veggie, mandarin oranges, wheat bread, milk	27 -CLOSED- Fish, sweet potato fries, corn, bran muffin, pears, wheat bread, milk
30 Parmesan crusted chicken, cube potatoes, green beans, peaches, fig newton, 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.