

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Parmesan crusted chicken, cubed potatoes, green peas, peaches/fig newton, wheat bread, milk	2 Chili, carrots, cornbread, pear, milk
5 Lemon pepper pork, wheat egg noodles, cali blend veggie, fruit cocktail, wheat bread, milk	6 Chicken rice casserole, green beans, apple, wheat roll, milk	7 Spaghetti with meat sauce, broccoli, orange, garlic bread, milk	8 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
12 -CLOSED- Chicken and gravy, mashed potato, corn, wheat biscuit, mixed fruit with granola, milk	13 Mushroom swiss burger on a wheat bun, cubed potatoes, zucchini, pear halves, fig newton, milk	14 Chicken teriyaki, rice, broccoli, mandarin oranges, wheat bread, milk	15 Ham slice with swiss on a wheat bun, sweet potato tots, mixed veggies, pineapple tidbits, fig newton, milk	16 Turkey & gravy, mashed potato, green beans, peaches, cranberry sauce, wheat bread, milk
19 French onion chicken, wheat egg noodles, green beans, apricots, wheat bread, milk	20 Turkey noodle casserole, mixed veggies, fruit cup, fig newton, wheat bread, milk	21 Potato corn chowder, turkey sandwich with swiss on wheat bread, peaches with granola, milk	22 Pork chop, rice, mixed veggie, apple, wheat hamburger bun, milk	23 Philly cheese steak, spinach, tater tots, wheat hamburger bun, mixed fruit with granola, milk
26 Chicken cacciatore, spaghetti, wax beans, pears, wheat roll, milk	27 Shepards pie, broccoli, cauliflower, apple sauce, wheat bread, milk	28 Spanish rice, cali blend veggie, mandarin oranges, wheat bread, milk	29 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.