

September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Sweet Potato Zucchini Blueberries, wheat bread, milk	2 Salmon, rice, asparagus, blueberries, wheat bread, milk	3 Chicken fried chicken, country gravy, mashed potato, cali blend veggie, pear half, wheat bread, milk	4 French toast, egg patty, hash brown, spinach, mixed berries, apple juice, milk
7 -CLOSED- BBQ pulled pork, wheat bun, french fries, sliced carrots, apple sauce, milk	8 Pork chop with gravy, sweet potato tots, green beans, pineapple tidbits, PB cookie, wheat bread, milk	9 Herb chicken, hash brown cubes, asparagus, mandarin oranges, wheat bread, milk	10 Turkey with gravy, mashed potatoes, brussel sprouts, apple sauce, wheat bread, milk	11 Chicken quesadilla, refried beans, stir fry veggie, pineapple tidbits, milk
14 Michigans, baked beans, mixed veggies, peaches, wheat bun, milk	15 Baked ham with brown sugar glaze, mashed sweet potato, green beans, tropical fruit, wheat bread, milk	16 Chicken broccoli alfredo, dinner roll, broccoli, mandarin oranges, milk	17 Fish sandwich on wheat bun, sweet potato fries, cali blend veggie, raspberries, milk	18 Tuna casserole, green beans, apricots, wheat bread, milk
21 Stuffed shells with sausage, italian veggie, apple sauce, wheat bread, milk	22 Sloppy joes on wheat bun, mashed potato, capri veggies, pears, milk	23 Peach chicken, mashed potato, green beans, fruit cocktail, wheat bread, milk	24 Cheeseburger, french fries, carrots, diced pears, wheat bun, milk	25 Sausage & peppers, wheat bun, sweet potato puffs, corn, pineapple chunks, milk
28 Meatloaf, mashed potato, spinach, fruit cocktail, wheat bread, milk	29 Macaroni & cheese, broccoli, mandarin oranges, wheat bread, milk	30 BBQ Chicken Sweet Potato Zucchini Blueberries, 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.