

Town of Minerva, Essex County, NY
ACAP NUTRITION PROGRAM MENU OCTOBER 2023
MENU SUBJECT TO CHANGE W/O NOTICE

2	3 Parmesan Crusted Chicken Cubed Potatoes Green Beans Peaches Wheat Bread / Milk	4	5 Zucchini Goulash Bow Tie Pasta Chocolate Mousse Wheat Roll Apple Juice / Milk	6
9 	10 Philly Cheese Steak Mac Salad Spinach Strawberry Shortcake Wheat Bun / Milk	11	12 BBQ Ribs Mashed Potatoes Pickled Beets Wheat Roll Blondie Brownie Apple Juice / Milk	13
16	17 Mushroom Swiss Hamburger Tater Tots Zucchini Pear Halves Wheat Bun / Milk	18	19 Chicken Broccoli Alfredo w/Penne Pasta Mandarin Oranges Wheat Roll Milk	20
23	24 Meatloaf Mashed Potatoes Carrots Wheat Bread Strawberries & Cream Bars Juice / Milk	25	26 Honey Ham Casserole Wheat Roll Pumpkin Pie Wheat Roll Apple Juice / Milk	27
30	31 Spanish Rice w/Peppers Wheat Bread Grapes / Milk 			

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 ACAP.