


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

		1	2 Fish Sandwich on a Wheat Bun Tartar Sauce Broccoli Bow Tie Pasta Fruit Cocktail Milk	3
6	7 Swedish Meatballs Egg Noodles Broccoli Wheat Bread Carrot Cake Apple Juice / Milk	8	9 Baked Ham w/Brown Sugar Glaze Sweet Potato Mixed Veggies Fruit Salad Wheat Bread / Milk	10
13	14 Mushroom Swiss Hamburger Tater Tots Zucchini Pear Halves Wheat Bun / Milk	15	16 Turkey w/Gravy Mashed Potatoes Squash Wheat Roll Pumpkin Pie or Angel Food Cake Apple Juice / Milk	17
20	21 Brunswick Stew Biscuits Peaches Yogurt Parfait Milk	22	23  Closed	24
27	28 Fried Chicken Mashed Potatoes Carrots / Peas Wheat Bread Milk	29	30 Parmesan Crusted Chicken Cubed Potatoes Green Beans Peaches Wheat Bread / 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.