

Town of Minerva, Essex County, NY
ACAP NUTRITION PROGRAM MENU OCTOBER 2024
MENU SUBJECT TO CHANGE W/O NOTICE

	1 Parmesan Crusted Chicken Cubed Potatoes Green Beans Wheat Bread Peaches / Milk	2	3 Zucchini Goulash Bow Tie Pasta Wheat Bread Apple Milk	4
7	8 Philly Cheese Steak Mac Salad Spinach Wheat Bun Mixed Fruit Cup Milk	9	10 BBQ Ribs Mashed Potatoes Beets Wheat Roll Apple Milk	11
14 	15 Mushroom Swiss Hamburger Roasted Potatoes Zucchini Wheat Bun Pear Halves Milk	16	17 Chicken Broccoli Alfredo w/Penne Pasta Broccoli Wheat Roll Mandarin Oranges Milk	18
21	22 Meatloaf Mashed Potatoes Baby Carrots Wheat Bread Fruit Cocktail Milk	23	24 Sloppy Joe Mashed Potatoes Cole Slaw Wheat Bun Applesauce Milk	25
28	29 Spanish Rice w/Peppers Wheat Bread Grapes Milk	30	31  Fish Sandwich on Wheat Bun Bow Tie Pasta Broccoli Fruit Salad Tartar Sauce / 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.

Meal Site
Pat
518-251-2510