

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4/3 <u>Boiled Dinner</u> (ham, potatoes, cabbage, carrots) Cinn. Raisin Muffin Warm Applesauce	4/4 <u>Vegetable Lasagna</u> Mixed Vegetables Garlic Knot Lemon bars	4/5 <u>Beef Stroganoff</u> Egg noodles Carrots & Peas Mandarin oranges	4/6 <u>Monterey Jack Chicken</u> Diced Sweet potato Steamed Broccoli Fruited Jell-o	4/7 <u>Chef's Choice</u>
4/10 <u>Turkey Tetrzzini</u> Italian Bread Steamed Carrots, Cauliflower, Broccoli Warm Cinnamon Pears	4/11 <u>Meatball Sub w/ Mozzarella</u> Roasted Red Potatoes Peas/Pearl Onions Blueberry Cobbler	4/12 <u>Sweet & Sour Pork</u> Over Brown Rice Brussel Sprouts Chocolate parfait	4/13 <u>Fish Florentine with Parmesan Crumbs</u> Mac & Cheese Stewed Tomatoes Pineapple Fluff	4/14 <u>BBQ Chicken</u> Baked Beans Cole Slaw, Toss Salad, Ambrosia
4/17 <u>Shepard's Pie</u> Green Beans Warm Apple Cobbler	4/18 <u>Honey Mustard Chicken</u> Au Gratin Potatoes Harvard Beets Brownie w Strawberry topping	4/19 <u>Cabbage Roll Casserole</u> Garlic bread Baby Carrots Mixed Berries	4/20 <u>Italian Baked Fish</u> Brown Rice Steamed Broccoli & Cauliflower Butterscotch Pudding	4/21 <u>Chef's Choice</u>
4/24 <u>Cheddar Sausage Egg Bake</u> Seasoned Spinach Hash Browns Fruited yogurt	4/25 <u>Baked Orange Chicken</u> Brown Rice Zucchini/Squash Cookie	4/26 <u>Lemon Pepper Fish</u> Garlic buttered noodles, Toss salad, Peas, WW bread, Assorted Dessert	4/27 <u>Baked Pork Chops with Apples</u> Brown Rice Brussel Sprouts Fruit Cup	4/28 <u>Homestyle meatloaf</u> Mashed pot. w/gravy Yellow/Green Beans Cheddar Biscuit Strawberry Shortcake
4/30 <u>Cheeseburger Supreme</u> Steak Fries Mixed veggies Fresh Grapes				

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM *Louise Budena PD 3/7/23*

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.—(Under 60) No eligible client will be turned away due to the inability or unwillingness to contribute.

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE. For more information contact NY Connects (315-386-4730)