

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Amish Breakfast Casserole</u> Stewed Tomatoes Baked Beans Fresh Fruit	2 <u>Orange Honey Baked Chicken</u> Brussel Sprouts Oven Roasted Potatoes Fruit Cup Homemade Dessert	3 <u>Steak & Cheese on Roll w/ Mushrooms and Onions</u> Macaroni Salad Winter Blend Vegetables Fresh Fruit	4 <u>Meatless Baked Ziti</u> Italian Medley Garlic Bread Assorted Fruit Homemade Dessert
	7 <u>Sweet-N-Sour Meatballs</u> Buttered Rice Oriental Vegetables Assorted Muffin Fresh Fruit	8 <i>All Nutrition Centers Closed</i> <i>(Staff Training)</i> <i>Use Frozen Meal</i>	9 <u>Boiled Dinner (Ham, Potatoes, Cabbage, and Carrots)</u> Corn Bread Assorted Fruit Homemade Dessert	10 <u>Chicken & Biscuits</u> Buttered Mashed Potatoes Harvard Beets Fruit Cup
14 <u>Beef Stew over Biscuit</u> Creamed Spinach Fruit Cup	15 <u>BBQ Pulled Pork</u> Cheesy Cauliflower Warm Cinnamon Applesauce Seasoned Pot. Wedges Fresh Fruit	16 <u>Chicken Ala King Over Rice</u> Stewed Tomatoes Dinner Roll Mixed Fruit Cup Homemade Dessert	17 <u>Shepherd's Pie</u> Chef's Vegetable Medley Assorted Muffin Warm Spiced Fruit	18 <u>Tuna Fish Salad Sandwich</u> Pea/Cheese Salad Coleslaw Assorted Fruit Homemade Dessert
21 <u>Spaghetti & Meat Balls</u> Italian Medley Garlic Bread Fresh Fruit	22 <u>Creamy Tuscan Chicken</u> Buttered Brown Rice Mexican Corn Fruit Cup	23 <u>Pennsylvania Dutch Noodle Casserole</u> Stewed Tomatoes Dinner Roll Homemade Dessert	24 <u>Turkey over Stuffing with Gravy</u> Mashed Pot./Gravy Green Beans Dinner Roll Fruit Cup	25 <u>Chuck Wagon Steak w/ Peppers & Onions</u> Mac-n-Cheese Buttered Peas Fresh Fruit Homemade Dessert
28 <u>Sloppy Jo's on Bun</u> Sweet Potato Fries Cauliflower Assorted Fruit	29 <u>Roast Pork with Mushroom Gravy</u> Mashed Pot/Gravy Mixed Vegetables Dinner Roll Fresh Fruit	30 <u>Turkey Broccoli Bake over Rice</u> Buttered Carrots Fresh Fruit Homemade Dessert	<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office.</i>	
<p>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance: 315-386-4730</p>				

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.
Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.
Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

All Nutrition Centers are open Monday-Friday.
 Doors open at 10 am.

**Suggested Contribution: \$3.00 (age 60+)
 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)**