

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	8/1 <u>Pork Carnitas w/ Tortilla Wrap</u> Lettuce and Tomato Black Beans & Corn Mini Potato Puffs Tapioca Pudding w/Topping	8/2 <u>Bacon Cheeseburger</u> Lettuce/Tomato Baked Beans Macaroni Salad, ww bun Fresh Fruit in Season	8/3 <u>Meatloaf</u> Mashed Potatoes w/Gravy Tuscan Blend Chewy Caramel Brownie	8/4 <u>Lemon Pepper Fish</u> Rice Pilaf Buttered Summer Squash Blend Cherry Chocolate Parfait
6/7 <u>Scalloped Potatoes & Ham</u> Antiqua Blend WW dinner roll Fruited Jell-O cup w/ whip topping	8/8 <u>Tortellini w/ Sausage Marinara</u> Italian Blend Vegetables Garlic Roll Fresh Melon Cubes	8/9 <u>Beef Brisket</u> Waffle Sweet Potato Fries Coleslaw Spiced Pears	8/10 <u>Turkey Dinner w/Stuffing</u> Mashed Potatoes/Gravy Squash WW Dinner Roll Pumpkin Pudding w/Topping	8/11 <u>Chicken Caesar Salad</u> Broccoli Salad Cottage Cheese Raisin Bread Pudding w/Topping
8/14 <u>Shepard's Pie</u> Green Beans Fresh Fruit No-Bake Chocolate Peanut Butter Cookie	8/15 <u>Breaded Pork Chop</u> Au gratin Potatoes Brussel Sprouts Italian Bread Fruit Filled Cookie	8/16 <u>Chef's Choice</u> 	8/17 Senior Picnic @ Morristown Sites are Closed <i>USE FROZEN MEAL</i>	8/18 <u>Cranberry Chicken Salad</u> on a Croissant Pasta Vegetable Salad Lettuce/Tomato Peach Fluff
8/21 <u>Meatball Sub on a ww roll</u> Prince Edward Blend Fresh Fruit Banana Pudding w/ Vanilla Wafer	8/22 <u>Chicken Spinach & Bacon</u> <u>Alfredo over Penne Pasta</u> California Blend Tossed Salad Brookie Bar	8/23 <u>Beef Goulash</u> Buttered Carrots Italian Bread Orange Pineapple Jell-O	8/24 <u>Philly Steak Sub& Cheese</u> <u>w/ peppers and onions</u> Baked Beans Potato Chips Chef's Choice dessert	8/25 <u>Fish Burger w/ WW roll</u> Tartar Sauce Four Bean Salad Coleslaw Chocolate Chip Cookie
8/28 <u>Chili</u> Chuck wagon Corn Cornbread Dreamy Creamsicle Pie	8/29 <u>Tomato Mac and Cheese</u> Green and Yellow Beans Garlic Dinner Roll Fresh Fruit in Season	8/30 <u>Chef's Choice</u> 	8/31 <u>Creamy Chicken, Broccoli</u> <u>& Rice Casserole</u> Cauliflower Assorted Muffin Mixed Berry Shortcake Trifle	<i>2% Milk & Whole Wheat</i> <i>Bread offered daily.</i>

OFFICE FOR THE AGING NUTRITION PROGRAM: 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)