

## December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b><u>Chicken Alfredo Over Pasta</u></b> Green Beans Garlic Roll Strawberry Ice Cream
4 <b><u>Roasted Pork Loin</u></b> w/ Mushroom Gravy Brown Rice Brussel Sprouts Banana Pudding Applesauce	5 <b><u>Meatball Subs</u></b> French Fries Tossed Salad Fruited Jell-O String Cheese Stick	6 <b><u>Boiled Dinner</u></b> (Ham, Cabbage, Carrots, Potatoes) WW Roll Fruit Crisp w/Topping Assorted Yogurt	7  <b><u>Chef's Choice</u></b>	8 <b><u>Tuna Noodle Casserole</u></b> Buttered Peas Whole Wheat Bread Cottage Cheese Mandarin Oranges
11 <b><u>Goulash</u></b> Cauliflower Assorted Muffin Fruit Cup String Cheese Stick	12 <b><u>Cheesy Chicken Potato Casserole</u></b> Mixed Vegetables Cottage Cheese w/Fruit WW Roll, Homemade Cookie	13 <b><u>Pot Roast</u></b> Garlic Mashed Potatoes Corn Fresh Fruit Pudding cup	14 <b><u>Savory Baked Fish</u></b> Spinach Strata Italian Bread Birthday Cake!	15 <b><u>Meatloaf</u></b> Augratin Potatoes Broccoli WW Roll Ice Cream Cup
18 <b><u>Vegetarian Chili</u></b> Brown Rice Pilaf Cornbread Cinnamon Pears Fruited Yogurt	19 <b><u>Salisbury Steak w/gravy</u></b> Mashed Potatoes Country Style Biscuit Diced Beets String Cheese Stick Pineapple Tidbits	20 <b><u>Spaghetti &amp; Meatballs</u></b> Tossed Salad Garlic Knot Warm Apple Slices Pudding Parfait	21 <b><u>Holiday Dinner!</u></b> Ham w/Raisin Sauce Mashed Potatoes Glazed Carrots WW Dinner Roll Homemade Pie w/Vanilla Ice Cream	22  <b><u>Chef's Choice</u></b>
25 <b>All County Offices and Nutrition Centers CLOSED for the holiday. USE FROZEN MEAL.</b>	26 <b>All County Offices and Nutrition Centers CLOSED for the holiday. USE FROZEN MEAL.</b>	27 <b><u>Chicken Tenders</u></b> Sweet Potato Fries Winter Blend String Cheese Stick Fig Newton	28 <b><u>Vegetable Lasagna</u></b> Green/Yellow Beans Garlic Roll Greek Yogurt Peach Fluff	29 <b><u>Calzone with Side of Pizza Sauce</u></b> Italian Blend Veg Ice Cream

\*All meals are served with beverage and bread or dinner roll\*

**ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM** *Lou Anderson PD 12/1/23*

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)