

# February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>2/1</b> <b>Glazed Meatloaf</b> <b>Mashed Potatoes</b> <b>Mixed Veggies</b> <b>WW bread</b> <b>Butterscotch Pudding</b>	<b>2/2</b> <b>BBQ Pulled Pork</b> <b>Baked Sweet Pot.</b> <b>Cauliflower</b> <b>Corn muffin</b> <b>Fudge Brownie</b>	<b>2/3</b> <b>Baked Haddock</b> <b>Rice Pilaf</b> <b>Stewed Tomatoes</b> <b>Ww roll</b> <b>Assorted Desserts</b>
<b>2/6</b> <b>Shepherd's Pie</b> <b>Green Beans</b> <b>WW Bread</b> <b>Fresh Apple</b>	<b>2/7</b> <b>Chicken Stir Fry</b> <b>w/rice &amp; Veggies</b> <b>Rye Bread</b> <b>Spiced Peaches</b>	<b>2/8</b> <b>Goulash</b> <b>Waxed Beans</b> <b>Italian Bread</b> <b>Baked Cinn. Pears</b> <b>Birthday Cake!</b>	<b>2/9</b> <b>Pork Loin w/Mushroom</b> <b>Gravy</b> <b>Mashed Potatoes</b> <b>Carrots, ww bread</b> <b>Strawberry Fluff</b>	<b>2/10</b> <b>Chef's Choice</b> 
<b>2/13</b> <b>Cheese Omelet</b> <b>Turkey Sausage Links</b> <b>Seasoned Spinach</b> <b>English Muffin w/PB</b> <b>Yogurt</b>	<b>2/14</b> <b>Salisbury Steak</b> <b>Mashed Potato w/gravy,</b> <b>Peas/Carrots ww bread</b> <b>Ambrosia</b>	<b>2/15</b> <b>Turkey Tetrazzini</b> <b>Tuscan Blend</b> <b>Garlic Roll</b> <b>PB Cookie</b>	<b>2/16</b> <b>Ham w/Pineapple</b> <b>Sweet Potatoes</b> <b>Brussel Spouts</b> <b>Ww bread</b> <b>Lemon Parfait</b>	<b>2/17</b> <b>Italian Sausage</b> <b>w/Peppers &amp; Onions</b> <b>Parslied Potatoes</b> <b>Mixed Veggies</b> <b>ww Roll, Ice Cream</b>
<b>2/20</b> <b>All County Offices &amp;</b> <b>Nutrition Centers</b> <b>CLOSED for the</b> <b>Holiday.</b> <b>Use frozen meal.</b>	<b>2/21</b> <b>Bacon Cheeseburger on</b> <b>Bun</b> <b>Baked Beans</b> <b>Winter Blend</b> <b>Fresh Fruit Salad</b>	<b>2/22</b> <b>Mac &amp; Cheese</b> <b>Stewed Tomatoes</b> <b>Blueberry Muffin</b> <b>Applesauce</b>	<b>2/23</b> <b>Chicken &amp; Biscuits</b> <b>Mashed Potatoes</b> <b>Diced Beets</b> <b>Mixed Berry Crisp</b> <b>w/whipped topping</b>	<b>2/24</b> <b>Chef's Choice</b> 
<b>2/27</b> <b>Italian Ziti</b> <b>Mixed Veggies</b> <b>Garlic Roll</b> <b>Toss Salad</b> <b>Fresh Orange</b>	<b>2/28</b> <b>Zesty Chicken</b> <b>Scalloped Potatoes</b> <b>Peas &amp; Pearl Onions</b> <b>Cheddar Biscuit</b> <b>Tapioca Pudding</b>	<b>3/1</b> <b>Chili</b> <b>Chuckwagon Corn</b> <b>Corn Muffin</b> <b>Saltine Crackers</b> <b>Apricots</b>	<b>3/2</b> <b>Swiss Steak</b> <b>Mashed Potatoes</b> <b>Capri Blend</b> <b>Ww bread</b> <b>Choc. Chunk Cookie</b>	<b>3/3</b> <b>Baked Fish Scandia</b> <b>Rice Pilaf</b> <b>Broccoli</b> <b>ww Bread</b> <b>Assorted Desserts</b>

**ST. LAWRENCE COUNTY 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)