

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <u>Chicken and Biscuits</u> Mashed Potatoes Harvard Beets Fresh Fruit	<b>4</b> <u>Beef Stroganoff</u> Over Egg Noodles Brussel Spouts Dinner Roll Fruit Cup	<b>5</b> <u>Goulash</u> Cauliflower with Cheese Sauce Assorted Muffin Fresh Fruit Homemade Dessert	<b>6</b> <u>Assorted Quiche</u> Seasoned Potato Wedges Spinach Assorted Muffin Fresh Fruit	<b>7</b>  <b>Chef's Choice</b>
<b>10</b> <u>Meatball Subs</u> Veggie Blend Potato Chips Warm Cinnamon Applesauce Fresh Fruit	<b>11</b> <u>Tuna, Pea &amp; Macaroni Salad</u> Pickled Beets Dinner Roll Assorted Fruit	<b>12</b> <u>Oven Baked Chicken with Gravy</u> Whipped Potatoes w/Gravy Green Beans Fresh Fruit, Roll Homemade Dessert	<b>13</b> <u>Beef and Broccoli Stir Fry over Rice</u> Yellow Beans Assorted Muffin Fruit Salad	<b>14</b> <u>Breaded Fish</u> Stewed Tomatoes Macaroni & Cheese Dinner Roll Assorted Fruit Homemade Dessert Happy Valentine's Day!
<b>17</b> <u>President's Day</u> All County Offices & Nutrition Centers Closed.  Use Frozen Meal	<b>18</b> <u>Meatloaf w/Gravy</u> Mashed Potato w/Gravy Buttered Carrots Dinner Roll Mixed Fruit Cup	<b>19</b> <u>Chicken Cacciatore with Pasta</u> Italian Medley Fresh Fruit Garlic Knot Homemade Dessert	<b>20</b> <u>Irish Stew with Carrots and Potatoes</u> Winter Blend Veggies Warm Biscuit Fresh Fruit	<b>21</b>  <b>Chef's Choice</b>
<b>24</b> <u>Lemon Garlic Chicken</u> Oven Roasted Potatoes Mixed Veg. Dinner Roll Fresh Fruit	<b>25</b> <u>Shepherd's Pie</u> Spinach Assorted Muffin Warm Spiced Fruit	<b>26</b> <u>Roast Pork with Gravy over Savory Stuffing</u> Mashed Potato/Gravy Roasted Brussel Sprouts Fresh Fruit Homemade Dessert	<b>27</b> <u>Homemade French Toast with Sausage</u> Cheesy Hash Browns Warm Cinnamon Carrots and Apples Mixed Fruit Cup	<b>28</b> <u>Sloppy Jo's</u> Sweet Pot. Fries Cauliflower Fresh Fruit Homemade Dessert
*All Meals are served with 1% milk & whole wheat bread	*If you have a Food Allergy, please <u>notify our office</u>	<i>Please 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</i>	*Menu Follows a no salt added and <u>low sugar diet.</u>	

**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 am  
**Gouverneur-** GCC, 4673 SH 58. Lunch is at 11:00 am.  
**Morristown-** Morristown Fire Hall, 200 Morris St. Lunch is at 11:00 am.  
**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 \$5.00—(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)