



July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>BBQ Pork on Bun</u> Sweet Potato Fries Summer Squash Cookie	4 <p style="text-align: center;"><u>Happy 4th of July!!</u> Nutrition Centers Closed. <u>USE FROZEN MEAL</u></p>	5 <u>Chicken Pot Pie</u> Stewed Tomatoes Fruit Cobbler Assorted Muffin	6 <u>Savory Pot Roast</u> with Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll	7 <u>Pub House</u> <u>Battered Fish</u> Mac and Cheese Coleslaw Pudding Parfait
10 <u>BLTs on WW Bread</u> (Bacon, Lettuce, Tom.) Carrot Raisin Salad Cottage Cheese Fruited Jello w/top.	11 <u>Beef and Broccoli</u> o/Low Mein Noodles Seasoned Steamed Cabbage, Pineapple Frosted Cup Cake	12 <u>Chicken Cordon Bleu</u> <u>Casserole</u> Asparagus Apple Crisp w/Topping	13 <u>Chef's Choice</u> 	14 <u>Tuna Noodle</u> <u>Casserole</u> Peas Asst. Muffin Fresh Fruit
17 <u>Vegetable Lasagna</u> Green Beans Garlic Knot Banana Brownie	18 <u>Fried Chicken</u> Garlic Potatoes Brussel Sprouts Fruit Medley	19 <u>Kielbasa over</u> <u>Sauerkraut</u> Mini-pierogis Peas and Carrots Fruited Yogurt	20 <u>Julienne Salad</u> Hard Boiled Egg Pasta Salad WW Roll Birthday Cake!	21 <u>Turkey and Stuffing</u> Potatoes/Gravy Harvard Beets Homemade Pumpkin Pie
24 <u>Sesame Chicken</u> Fried Rice Oriental Vegetables Lemon Pudding	25 <u>Marinated Pork</u> Buttered Noodles Creamed Spinach Coleslaw Chocolate Cake	26 <u>Country Fried Steak</u> w/Gravy Mashed Potatoes Green/Yellow Beans Asst. Homemade Pie	27 <u>Chef's Choice</u> 	28 <u>Chicken Quesadilla</u> <u>Casserole</u> Seasoned Rice Refried Beans Fresh Melon
31 <u>Chicken Marsala</u> Parslied Potatoes Italian Blend Veg Fresh Fruit				<p style="text-align: center;"><i>2% Milk & Whole</i> <i>Wheat Bread offered</i> <i>daily.</i></p>

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)