

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1/2 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/3 <u>Chicken Cordon Bleu</u> Cheesy Mashed Pot. Harvard Beets Ww Bread Fresh Orange	1/4 <u>Chili</u> Chuck Wagon Corn Corn Muffin Saltine Crackers Cinnamon Pears	1/5 <u>Sweet & Sour Pork</u> o/Brown Rice Broccoli Ww bread Pineapple Fluff	1/6 <u>Stuffed Shells</u> French Cut Beans Garden Salad Garlic Roll Chocolate Cake
1/9 <u>French Toast w/syrup</u> Sausage Links Home Fries Warm Applesauce Juice	1/10 <u>Spanish Rice</u> Asparagus Italian Bread Peanut Butter Cookie	1/11 <u>Baked Ham</u> Sweet Potato Mash Sugar Snap Peas Ww Bread Tapioca Pudding	1/12 <u>Italian Herb Chicken</u> Au gratin Potatoes Seasoned Zucchini Ww dinner roll Cherry Crisp	1/13 <u>Chef's Choice</u> 
1/16 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/17 <u>Hot Dog on ww Bun</u> Baked Beans Brussel Sprouts Fresh Apple	1/18 <u>Creamy Tuscan</u> <u>Chicken</u> Baked Potato w/SC Capri Blend, WW Bread Chef's Choice Cookie	1/19 <u>Lemon Pepper Fish</u> Rice Pilaf Mixed Veggies Rye bread Mixed Berries/Cream	1/20 <u>Sausage & Gravy</u> Mashed Potatoes Diced Beets Country Biscuit Assorted Desserts
1/23 <u>Sloppy Joe on WW Bun</u> Seasoned Wedges Buttered Peas Fresh Grapes	1/24 <u>Swiss Steak</u> Mashed Potatoes Mixed Veggies Choc. Chip Cookie	1/25 <u>Vegetable Lasagna</u> Green Beans Garlic Roll Melon Melody	1/26 <u>Ham & Scalloped</u> <u>Potatoes</u> Winter Blend Veg. WW Dinner Roll Blueberry Cobbler	1/27 <u>Chef's Choice</u> 
1/30 <u>Hamburger Stew</u> Sweet Corn Homestyle Biscuit Peaches	1/31 <u>Chicken Alfredo</u> w/Penne Broccoli Florets Italian Bread Baked Apples	2/1 <u>Glazed Meatloaf</u> Mashed Potatoes Mixed Veggies WW bread Butterscotch Pudding	2/2 <u>BBQ Pulled Pork</u> Baked Sweet Pot. Cauliflower Corn muffin Fudge Brownie	2/3 <u>Baked Haddock</u> Rice Pilaf Stewed Tomatoes Ww roll Assorted Desserts

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)