

January 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1/1 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/2 <u>Chicken Cordon Bleu</u> Cheesy Mashed Pot. Diced Beets ww Bread / Orange	1/3 <u>Chili Cheese Mac Casserole</u> Brussel Spouts Corn Muffin Ice Cream	1/4 <u>Roast Pork with Mushroom Gravy</u> “Veggie-ful” Rice Pilaf WW bread Fruited Yogurt	1/6 <u>Cheesy Stuffed Shells</u> French Cut Beans Garden Salad Garlic Roll Asst. Pudding
1/8 <u>French Toast Bake</u> Sausage Links Home Fries Warm Cinnamon Applesauce Juice	1/9 <u>Spanish Rice</u> Asparagus Italian Bread Cottage Cheese Old Fashioned Hot Milk Cake	1/10 <u>Baked Ham with Country Gravy</u> Au gratin Potatoes Buttered Peas WW Bread Tapioca Pudding	1/11 <u>Monterey Jack Chicken</u> Creamy Parmesan Noodles Seasoned Zucchini WW dinner roll Cherry Crisp	
1/15 All County Offices & Nutrition Centers CLOSED for the Holiday. <i>Use frozen meal.</i>	1/16 <u>Hot Dog on Bun</u> Macaroni and Cheese Parm. Roasted Brussel Sprouts Pudding Parfait	1/17 <u>Creamy Tuscan Chicken</u> Sweet Potato Mash Capri Blend, WW Bread Asst. Cookie	1/18 <u>Lemon Pepper Fish</u> Cheesy Rice Mixed Veggies Assorted Muffin Mixed Berries & Cream	1/19 <u>Sausage & Milk Gravy</u> Mashed Potatoes Diced Beets Country Biscuit Assorted Dessert
1/22 <u>Cheesy Egg Breakfast Bake</u> Parm Potato Wedges Buttered Peas Fresh Grapes	1/23 <u>Chicken Patty w/Cheese on Bun</u> Tator Tots Mixed Veggies Raisin Bread Pudding	1/24 <u>Vegetable Lasagna</u> Green Beans Garlic Roll Chocolate Mousse	1/25 <u>Beef Stroganoff over Noodles</u> Winter Blend Veg. WW Dinner Roll Fruit Cobbler	
1/29 <u>Asst. Quiche</u> Stewed Tomatoes ww Bread Peaches	1/30 <u>Chicken Alfredo w/Pasta with Parmesan</u> Broccoli Florets Italian Bread Ice Cream	1/31 <u>Glazed Meatloaf</u> Mashed Potatoes Creamed Spinach ww bread Butterscotch Pudding	2/1 <u>BBQ Pulled Pork/Roll</u> Sweet Potato Fries Cauliflower w/Cheese Sauce Fruited Yogurt	2/2 <u>Baked Fish Scandia</u> Rice Pilaf Harvard Beets ww roll Assorted Dessert

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)

Laura Budnik RD 12/1/23