

# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>6/1</b> <u>Chicken &amp; Gravy</u> <u>Over Mashed Potatoes</u> Mixed Vegetables Biscuit Oreo Pudding Cup	<b>6/2</b> <u>Bacon Cheeseburger</u> Tator Tots Baked Beans Fresh Fruit Salad
<b>6/5</b> <u>Tortellini Carbonara</u> Catalina Blend Garlic Dinner Roll Turtle Brownie	<b>6/6</b> <u>Hearty Ham &amp; Potato</u> <u>Chowder</u> Peas & Pearl Onions Peaches WW Bread	<b>6/7</b> <u>Chili</u> Chuck Wagon Corn Corn Bread Fruited Jell-O	<b>6/8</b>  <h2 style="margin: 0;">Cook's Choice</h2>	<b>6/9</b> <u>Chicken Caesar Salad</u> Creamy Tomato/Cucumber Salad Fruit Cocktail Banana Pudding Italian Bread
<b>6/12</b> <u>Breaded Pork Chops</u> Sweet Potatoes Stewed Tomatoes WW Bread Assorted Cookie	<b>6/13</b> <u>Turkey Dinner w/ Stuffing</u> Mashed Potatoes Green Bean Casserole Cranberry Sauce WW Dinner Roll Apple Pie Log	<b>6/14</b> <u>Hungarian Goulash</u> <u>Over Egg Noodles</u> Carrots Warm Spiced Pears Breadstick Chocolate Chip Muffin	<b>6/15</b> <u>Herbed Garlic Butter Fish</u> Rice Pilaf, Prince Edward Blend Italian Bread Assorted Desserts	<b>6/16</b> <u>Chicken &amp; Broccoli</u> <u>Alfredo over Penne</u> Asparagus Garlic Dinner Roll Orange/Pineapple Fluff
<b>6/19</b> <u>Italian Sausage w/ Peppers</u> <u>&amp; Onions on a roll</u> Beets Baked Beans Raspberry Cookie	<b>6/20</b> <u>Spaghetti w/ meat sauce</u> Cauliflower Garlic Dinner Roll Toss Salad Blueberry Crumble	<b>6/21</b> <u>Ham w/ pineapple glaze</u> Au Gratin Potatoes Peas and Carrots Coleslaw WW Bread PB Cookie	<b>6/22</b> <u>Baked Honey Balsamic</u> <u>Chicken</u> Herbed Fettuccini Noodles Italian Blend Vegetables Rye Bread Birthday Cake	<b>6/23</b>  <h2 style="margin: 0;">Cook's Choice</h2>
<b>6/26</b> <u>Egg, Cheese &amp; Sausage</u> <u>Biscuit Sandwich</u> Spinach Hash Brown Rounds Yogurt Fresh Fruit	<b>6/27</b> <u>Texas Style Lasagna</u> Broccoli Warm Cinnamon Apples Cream Pie	<b>6/28</b> <u>Turkey A La King over</u> <u>Mashed Potatoes</u> Diced Carrots WW dinner roll Cherry Crisp	<b>6/29</b> <u>Cheeseburger Stew</u> Waxed Beans Cheddar Biscuit Pears	<b>6/30</b> <u>Tempura Battered Chicken</u> <u>w/ orange sauce</u> Asian Blend Spring Roll WW Bread 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)**