

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		3/1 <u>Chili</u> Chuckwagon Corn Corn Muffin Saltine Crackers Apricots	3/2 <u>Swiss Steak</u> Mashed Potatoes Capri Blend Ww bread Choc. Chunk Cookie	3/3 <u>Baked Fish Scandia</u> Rice Pilaf Broccoli ww Bread Assorted Desserts
3/6 <u>BBQ Riblet</u> ww bun Seasoned Wedges Cheesy Cauliflower Fresh Grapes	3/7 <u>Spanish Rice</u> Italian Blend Veg. Bran Muffin Spiced Pears	3/8 <u>Chicken Cordon Bleu</u> Augratin Potatoes Harvard Beets Ww Bread Sherbet	3/9 <u>Roast Beef</u> Mashed Pot. w/gravy Baby Carrots Ww dinner roll Cherry Crisp	3/10 <u>Chef's Choice</u> 
3/13 <u>Baked Ham</u> Sweet Potatoes Prince Edward Blend Ww Roll Raspberry Cookie	3/14 <u>Chicken Teriyaki</u> Brown Rice Broccoli Florets Ww Bread Peaches	3/15 <u>Maple Glazed Pork Chop</u> Red Garlic Mash Pot. Brussel Spouts Ww Bread Mixed Berries & Cream	3/16 <u>Stuffed Shells</u> Waxed Beans Toss Salad, Garlic Roll Chocolate Parfait	3/17 <u>Corned Beef & Cabbage</u> Boiled Potatoes Carrots, Rye Bread Shamrock Cake
3/20 <u>Philly Steak w/Cheese</u> w/peppers & onions Parslied Potatoes Winter Blend, Kaiser Roll, Fig Newton's	3/21 <u>Chicken Tenders</u> Rice Pilaf Diced Carrots Ww bread Mandarin Oranges	3/22 <u>Beef Stew</u> Green Beans Buttered Biscuit Warm Apple slices	3/23 <u>Turkey Dinner!</u> Mashed Pot. w/gravy Stuffing Squash, ww roll Blueberry Cobbler	3/24 <u>Chef's Choice</u> 
3/27 <u>Veggie Quiche</u> Turkey Sausage Links Seasoned Spinach English Muffin w/PB Yogurt	3/28 <u>Pulled Pork</u> Baked Sweet Potato Minced Coleslaw Corn Bread Pineapple Fluff	3/29 <u>Creamy Dijon Chicken</u> Scalloped Potatoes Peas & Pearl Onions Italian Bread Butterscotch Pudding	3/30 <u>Homestyle Meatloaf</u> Mashed Potatoes Corn Cheddar Biscuit Choc. Chip Cookie	3/31 <u>Mac & Cheese</u> Stewed Tomatoes Banana Muffin 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)