

## May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5/1 <u>Hamburger Gravy</u> Mashed Potatoes Capri Blend Vegetables Fresh Fruit</b>	<b>5/2 Amish Casserole Stewed Tomatoes Applesauce Blueberry Muffin</b>	<b>5/3 Chicken Patty/Roll Sundried Tomato Pesto Tortellini Antiqua Blend Veg Molasses Cookie</b>	<b>5/4 Breaded Haddock Rice Pilaf Tuscan Blend Vegetables Peaches</b>	<b>5/5</b>  <u>Cook's Choice</u>
<b>5/8 Swedish Meatballs Brown Rice Peas and Carrots WW Dinner Roll Butterscotch Applecake</b>	<b>5/9 Sweet Vidalia Onion Marinated Pork O'Brien Potatoes Havard Beets WW Bread Fresh Fruit</b>	<b>5/10 Pennsylvania Dutch Casserole Mixed Vegetables WW Dinner Roll Cinnamon Pears</b>	<b>5/11 Chicken Parm Spiral Noodles/Sauce Garlic Buttered Green Beans Garlic Knot Mandarin Orange Fluff</b>	<b>5/12 Tuna Salad and Egg Salad on Lettuce Leaf German Potato Salad Cucumber/Tomatoes WW Dinner Roll Cookie</b>
<b>5/15 Spanish Rice Cauliflower WW Dinner Roll Baked Apple</b>	<b>5/16 Country Fried Steak with Country Gravy Mashed Potatoes Catalina Blend Veg</b>	<b>5/17 Spring Mix Salad w/Seasoned Chicken Strips&amp;Vidalia Onion Dressing Waldorf Salad Asst Muffin Rice Pudding</b>	<b>5/18 Fish Burger/Roll Au gratin Potatoes Seasoned Fresh Spinach</b>	<b>5/19 Mac and Cheese with Diced Tomatoes Brussel Sprouts with Maple Bacon Sauce Cheesecake with Fruit Topping</b>
<b>5/22 Chicken Cacciatore Brown Rice Scandinavian Blend Veg WW Bread Pineapple Tidbits</b>	<b>5/23 Sloppy Joe/Bun Italian Parmesan Potatoes Wax Beans Angel Food Cake/Fruit Topping</b>	<b>5/24 Pepperoni Pizza Tossed Salad/Dressing Corn Cherry Crisp/Topping</b>	<b>5/25 French Toast Casserole w/Syrup Sausage Patties Warm Cinnamon Applesauce</b>	<b>5/26 Roast Beef/Gravy Mashed Potato/Gravy Sonoma Blend Veg WW Dinner Roll Pumpkin Pie</b>
<b>5/29</b>  <b>MEMORIAL DAY</b>	<b>5/30</b>  <u>Cook's Choice</u>	<b>5/31 Reuben Casserole Tuscan Blend Veg Warm Fruit Cobbler</b>		

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

*Linda Anderson PD*

4/6/23

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)