

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*If you have a food allergy, please notify staff!</p>		<p>1 <u>Ham, Egg, Broccoli, and Cheese Bake</u> Hash Brown Rounds English Muffin Fruited Yogurt 100% Fruit Juice</p>	<p>2 <u>Crispy Onion Fried Chicken</u> Au Gratin Potatoes California Blend Veg. Blueberry Crisp w/Topping</p>	<p>3 <u>Stuffed Shells</u> Tossed Salad Garlic Roll Chocolate Mousse</p>
<p>6 <u>Shepherd's Pie</u> Winter Blend Veg. Pineapple Chunks Whole Wheat Bread</p>	<p>7 <u>Asian Teriyaki Chicken with Broccoli over Noodles</u> Sliced Carrots Mandarin Oranges</p>	<p>8 <u>Scalloped Potatoes with Ham</u> Brussel Sprouts Warm Cinnamon Applesauce Chocolate Chip Muffin</p>	<p>9 <u>Cabbage Roll Casserole</u> Warm Spiced Pears WW Dinner Roll Ice Cream</p>	<p>10 Centers Closed for Veteran's Day Holiday. <u>USE FROZEN MEAL</u></p>
<p>13 <u>Cheesy Salsa Chicken</u> over Mexican Rice Roasted Corn and Black Beans Fresh Banana</p>	<p>14 <u>Garlic Pepper Pork</u> Loaded Mashed Potatoes Sugar Snap Peas Italian Bread Peaches</p>	<p>15 <u>Baked Rigatoni</u> w/ Meat Sauce & Mozzarella Green Beans Assorted Pudding</p>	<p>16 <u>Thanksgiving Dinner!</u> With Chef's Choice Homemade Pie</p>	<p>17 <u>Chef's Choice</u></p>
<p>20 <u>Macaroni and Cheese</u> Stewed Tomatoes Whole Wheat Roll Homemade Cookie</p>	<p>21 <u>Chicken and Biscuits</u> Peas and Carrots Mashed Potatoes Fruit Cup</p>	<p>22 <u>Hot Ham & Swiss on a Roll</u> Seasoned Potato Wedges Mixed Vegetables Strawberry Fluff</p>	<p>23 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>	<p>24 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>
<p>27 <u>Italian Sausage</u> w/Peppers & Onions Parslied Red Potatoes ww Bun, Orange Pineapple Jell-O w/Topping</p>	<p>28 <u>Home-Style Meatloaf</u> Mashed Pot. w/gravy Baby Carrots Cheddar Biscuit Fudge Brownie</p>	<p>29 <u>Chef's Choice</u></p>	<p>30 <u>Garlic Butter Cod</u> Rice Pilaf Minced Coleslaw Lemon Parfait</p>	<p><i>2% Milk & Whole Wheat Bread offered daily.</i></p>

All meals are served with 2% milk and bread or dinner roll

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

Suggested Contribution: \$3.00 (Age 60+) 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)