

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance: 315-386-4730</i></p>		<p><i>*All Meals are served with 2% milk & WW Bread</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office.</i></p>		<p>1</p> <p style="text-align: center;"><u>Chef's Choice</u></p>
<p>4 <u>Crispy Baked Chicken</u> Cheesy Rice Brussel Sprouts Fruit Cup</p>	<p>5 <u>Assorted Quiche</u> Seasoned Potato Wedges Spinach Assorted Muffin Pudding Parfait</p>	<p>6 <u>BBQ Pulled Pork/Bun</u> Parslied Butter Potatoes Coleslaw Warm Fruit Crisp</p>	<p>7 <u>Chili over Rice</u> Buttered Corn Corn Bread Homemade Cookie</p>	<p>8</p> <p style="text-align: center;"><u>Chef's Choice</u></p>
<p>11 <u>Veteran's Day</u> <i>All County Offices & Nutrition Centers Closed</i></p> <p><i>Use Frozen Meal</i></p>	<p>12 <u>Chuck Wagon Steak w/Gravy</u> Mashed Potatoes/Gravy Buttered Carrots Fresh Fruit</p>	<p>13 <u>Spaghetti with Meat Sauce</u> Italian Medley Garlic Bread Fruited Yogurt</p>	<p>14 <u>Savory Baked Fish</u> Rice Pilaf Winter Blend Vegetables Blonde Brownie</p>	<p>15</p> <p style="text-align: center;"><u>Chef's Choice</u></p>
<p>18 <u>Meatball Parm Sub</u> Cauliflower w/Cheese sauce Chips Fruit Cocktail</p>	<p>19 <u>Ham and Au gratin Potato Casserole</u> Green Beans Dinner Roll Chocolate Mousse</p>	<p>20 <u>Hamburger Cheese Bake</u> Broccoli Italian Bread Birthday Cake!</p>	<p>21 <u>Turkey/Gravy over Stuffing</u> Mashed Pot. w/Gravy Mixed Vegetables Assorted Pumpkin Desserts</p>	<p>22</p> <p style="text-align: center;"><u>Chef's Choice</u></p>
<p>25 <u>Cheeseburger on a Bun</u> Baked Beans Green/Yellow Beans Fresh Fruit</p>	<p>26 <u>Chicken & Veg. Pot Pie</u> California Blend Vegetables Black Forest Pudding</p>	<p>27 <u>Macaroni and Cheese</u> Stewed Tomatoes Assorted Muffin Fruit Crisp with Topping</p>	<p>28 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>	<p>29 All County Offices & Nutrition Centers <u>CLOSED</u> for the holiday. <u>USE FROZEN MEAL.</u></p>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.
Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.
Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

All Nutrition Centers are open Monday-Friday.
 Doors open at 10 am.

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)