

# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/2</b> <b><u>Cheeseburger on Bun</u></b> <b>Lettuce/Tomato</b> <b>Seasoned Potatoes</b> <b>Mixed Vegetables</b> <b>Assorted Dessert</b>	<b>10/3</b> <b><u>Baked Ham</u></b> <b>Sweet Potatoes</b> <b>Brussel Sprouts</b> <b>Apple Cranberry Crisp</b>	<b>10/4</b> <b><u>Chicken Riggies</u></b> <b>Yellow/Green Beans</b> <b>Garlic Knot</b> <b>Fruit Salad</b>	<b>10/5</b> <b><u>Egg/Cheese/Sausage</u></b> <b><u>Sandwich</u></b> <b>Spinach</b> <b>Fruited Yogurt</b> <b>Grapes</b>	<b>10/6</b> <b><u>Beef Stew</u></b> <b>Country Biscuit</b> <b>Buttered Beets</b> <b>Baked Maple Pears</b>
<b>10/9</b> <b>Indigenous People</b> <b>Day: All County</b> <b>Offices and Nutrition</b> <b>Centers Closed.</b>	<b>10/10</b> <b><u>Vegetable Lasagna</u></b> <b>Spinach</b> <b>Italian Bread</b> <b>Fresh Fruit</b>	<b>10/11</b> <b><u>Chicken Tenders</u></b> <b>Tator Tots</b> <b>Broccoli</b> <b>Chewy Chocolate</b> <b>Brownie</b>	<b>10/12</b>  <b>Cook's Choice</b>	<b>10/13</b> <b><u>Sloppy Jo's</u></b> <b>Baked Beans</b> <b>Cauliflower w/Cheese</b> <b>Sauce</b> <b>Assorted Dessert</b>
<b>10/16</b> <b><u>Chili Cheese Dogs</u></b> <b>On Bun</b> <b>Corn</b> <b>Melon Medley</b>	<b>10/17</b> <b><u>Savory Roast Pork</u></b> <b>Mashed Potato/Gravy</b> <b>Peas and Carrots</b> <b>Mandarin Oranges</b>	<b>10/18</b> <b><u>Turkey Tetrazzini</u></b> <b>Over Noodles</b> <b>Green Beans</b> <b>Garlic Toast</b> <b>Assorted Dessert</b>	<b>10/19</b> <b><u>Pancakes and Sausage</u></b> <b>Homefries</b> <b>Baked Cinnamon Apples</b> <b>Yogurt</b> <b>Fruit Juice</b> <b>Cookie</b>	<b>10/20</b> <b><u>Egg Salad Cold Plate</u></b> <b>Macaroni Salad</b> <b>Pickles and Olives</b> <b>Cut Fresh Vegetables</b> <b>Fresh Fruit</b>
<b>10/23</b> <b><u>Baked Ziti w/Italian</u></b> <b><u>Sausage</u></b> <b>Italian Mixed Vegetables</b> <b>Garlic Knot</b> <b>Fruited Jell-O</b>	<b>10/24</b> <b><u>BBQ Pork on a Bun</u></b> <b>Coleslaw</b> <b>Sweet Potato Fries</b> <b>Warm Cinnamon</b> <b>Applesauce</b>	<b>10/25</b> <b><u>Seasoned Baked</u></b> <b><u>Haddock</u></b> <b>Wild Rice</b> <b>Honey Glazed Carrots</b> <b>Cherry Chocolate</b> <b>Cake</b>	<b>10/26</b>  <b>Cook's Choice</b>	<b>10/27</b> <b><u>Homestyle Meatloaf</u></b> <b>Smashed Baked Potato</b> <b>w/Sour Cream</b> <b>Capri Blend Veggies</b> <b>Asst. Pudding w/Topping</b>
<b>10/30</b> <b><u>Chicken Patty on Bun</u></b> <b>Macaroni and Cheese</b> <b>Stewed Tomatoes</b> <b>Fruit Salad</b>	<b>10/31</b> <b><u>SPOOK-etti with Meat</u></b> <b><u>Sauce</u></b> <b>Witches Broom (Bread) Stick</b> <b>Zombie Zucchini</b> <b>Pumpkin Pudding Parfait</b>			

\*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 (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)