

October 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>1 <u>Chicken Tenders</u> w/ Dipping Sauce Sweet Potato Fries Chef's Vegetable Blend Fresh Fruit</p>	<p>2 <u>Salisbury Steak</u> w/Gravy Mashed Potatoes/Gravy Buttered Carrots Assorted Dessert</p>	<p>3 <u>Lemon-Herb Fish</u> Rice Pilaf Winter Blend Vegetables Brownie</p>	<p>4 <u>Chef's Choice</u></p>
<p>7 <u>Goulash</u> Cauliflower Assorted Muffin Black Forest Pudding</p>	<p>8 <u>Baked Ham</u> W/Country Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fruit Cup</p>	<p>9 <u>Beef Stroganoff</u> Over Egg Noodles Brussel Spouts Frosted Cupcake</p>	<p>10 <u>Monterey Chicken</u> Au Gratin Potatoes California Blend Vegetables Fresh Fruit</p>	<p>11 <u>Chef's Choice</u></p>
<p>14 <u>Indigenous People Day</u> <i>All County Offices & Nutrition Centers Closed</i></p> <p><i>Use Frozen Meal</i></p>	<p>15 <u>Cheeseburger on Bun</u> Baked Beans Green/Yellow Beans Birthday Cake!</p>	<p>16 <u>Chicken / Potato/ Vegetable Pot Pie</u> Stewed Tomatoes Chocolate Mousse</p>	<p>17 <u>Turkey/Gravy over Stuffing</u> Mashed Potato/Gravy Green Beans Dinner Roll Ambrosia</p>	<p>18 <u>Chef's Choice</u></p>
<p>21 <u>Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Yogurt Parfait</p>	<p>22 <u>BBQ Riblet on Bun</u> Macaroni and Cheese Peas Mandarin Oranges</p>	<p>23 <u>Chicken and Biscuits</u> Mashed Potatoes Harvard Beets Fruit Fluff</p>	<p>24 <u>Homemade French Toast over Sausage</u> Hash browns Warm Cinnamon Applesauce Pudding Parfait</p>	<p>25 <u>Chef's Choice</u></p>
<p>28 <u>Sweet & Sour Chicken over Rice</u> Oriental Vegetables Assorted Muffin Fresh Fruit</p>	<p>29 <u>Roast Pork with Gravy</u> Au gratin Potatoes Broccoli Dinner Roll Fruited Bavarian</p>	<p>30 <u>Tuna Fish Cold Plate</u> Pea Salad Coleslaw WW Bread Fruit Crisp/Topping</p>	<p>31 <u>Goopy Bats & Cobwebs</u> Monster Medley Goblin Knots Boo Brownie</p>	<p><i>*All Meals are served with Milk & WW Bread *Menu Follows a no salt added and low sugar diet. *If you have a Food Allergy, please notify our office.</i></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 - 11:00 am.
Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.
Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00 am.
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)**