

# April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Meals are served with 1% milk and ww bread or equivalent</i></p> <p><i>*Menu Follows a no salt added and low sugar diet.</i></p>	<p><b>Note:</b> If you need to cancel your meal or you will not be home to receive your meal, <u>please call 24 hours in advance:</u> 315-386-4730</p>	<p><b>1</b> <u>Beef Stroganoff over Noodles</u> Gingered Carrots Warm Dinner Roll Assorted Fruit Homemade Dessert</p>	<p><b>2</b> <u>Cheeseburger on Bun</u> Mixed Vegetables Seasoned Potatoes Fruit Cup Assorted Yogurt</p>	<p><b>3</b> <u>Spinach &amp; Cheese Strata</u> Corn Niblets Warm Spiced Fruit Yogurt Cup Homemade Dessert</p>
<p><b>6</b> <u>Stuffed Pepper Casserole</u> Cauliflower w/Cheese Sauce Warm Corn Muffin Fruit Salad</p>	<p><b>7</b> <u>Tortellini Tuesday</u> Italian Veg Blend Warm Garlic Knot Fresh Fruit Pudding Cup</p>	<p><b>8</b> <u>Meatloaf/Gravy</u> Mashed Pot./Gravy Green Beans Dinner Roll Homemade Dessert</p>	<p><b>9</b> <u>Saucy California Pork</u> Parslied Potatoes Vegetable D'Jour Asst Muffin Fruit Mix</p>	<p><b>10</b> <u>Chicken, Potato &amp; Vegetable Pot Pie</u> Diced Beets Warm Fruit Cup Homemade Dessert</p>
<p><b>13</b> <u>Hawaiian Ham with Pineapple</u> Whipped Sweet Pot. Buttered Peas Dinner Roll Assorted Fruit</p>	<p><b>14</b> <i>All Nutrition Centers Closed for Staff Meeting.</i>  <i>Use Frozen Meal</i></p>	<p><b>15</b> <u>Honey Garlic Chicken</u> <u>Over Brown Rice</u> Mixed Vegetables Warm Raisin-Bread Pudding Fresh Fruit</p>	<p><b>16</b> <u>Savory Roast Pork with Gravy</u> Mashed Potatoes/Gravy Seasoned Cabbage WW Bread Fruit Cup</p>	<p><b>17</b> <u>Turkey Broccoli Bake over Noodles</u> Stewed Tomatoes Warm Asst Muffin Fresh Fruit Homemade Dessert</p>
<p><b>20</b> <u>Chicken Parmesan Over Penne</u> California Mix Veg Warm Dinner Roll Assorted Fruit</p>	<p><b>21</b> <u>Herb Encrusted Baked Fish</u> Rice Pilaf Peas and Carrots Assorted Muffin Fresh Fruit</p>	<p><b>22</b> <u>BBQ Riblet o/Bun</u> Macaroni &amp; Cheese Brussel Sprouts Assorted Fruit Homemade Dessert</p>	<p><b>22</b> <u>American Goulash</u> Buttered Broccoli Warm Blushed Pears Corn Muffin Fresh Fruit</p>	<p><b>23</b> <u>French Toast Casserole</u> Breakfast Sausage Creamed Spinach Hashbrowns Homemade Dessert</p>
<p><b>27</b>  <b>Mexican Monday!!</b>  <b>(Chef's Choice)</b></p>	<p><b>28</b> <u>Pasta with Meat Sauce</u> Italian Veg Blend Warm Garlic Knot Pudding Cup Fresh Fruit</p>	<p><b>29</b> <u>Meat &amp; Cheese Sub</u> Three Bean Salad Potato Salad Homemade Dessert</p>	<p><b>30</b> <u>Creamy Tuscan Chicken over Buttered Brown Rice w/Mushrooms</u> Vegetable Medley Warm Dinner Roll Fruit Cup</p>	<p><u>MEAL CONSTITUTION</u> <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum at least 1oz whole grain</i> <i>Dairy – 1 cup</i></p>

### OFFICE FOR THE AGING NUTRITION CENTERS:

*Lunch is served at 11:30 am. All older adults 60 and up are welcome!*

Brasher- LBSH, 32 Church St.

Canton- Canton Sr. Housing, 37 Riverside Drive.

Gouverneur- Gouverneur Community Center, 4673 SH 58.

Morristown- Morristown Fire Hall, 200 Morris St.

Potsdam- Midtown Apartments, 28 Munson St.

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

### **Suggested Voluntary Contribution:**

**\$3.00 (age 60+)**

**Guest Fee \$10.00—(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)**