

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Honey Garlic Chicken</u> Seasoned Potatoes Buttered Carrots Dinner Roll Homemade Dessert	4 <u>Pasta with Meat Sauce</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit	5 <u>Savory Glazed Pork</u> Creamy Rice Pilaf Mixed Vegetables Dinner Roll Homemade Dessert	6 <u>Amish Breakfast Casserole</u> Tomatoes/Zucchini Warm Cinnamon Applesauce Assorted Muffin Fresh Fruit	7 <u>Ham Salad over Lettuce Leaf w/Sliced Tomatoes</u> Cottage Cheese w/Peaches Pasta Salad WW Bread Homemade Dessert
10 <u>Sausage Subs</u> Peppers and Onions Summer Squash Potato Wedges Homemade Dessert	11 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u>Use Frozen Meal</u>	12 <i>Chef's Choice</i>	13 <u>Southern BBQ Chicken</u> Baked Beans Sweet Peas Buttermilk Biscuit Assorted Fruit	14 <u>Tuna & Egg Macaroni Salad</u> Cottage Cheese 3-Bean Salad Banana Muffin Happy Birthday Cake!
17 <u>Hawaiian Ham w/Pineapple</u> Whipped Sweet Potatoes Brussel Sprouts Dinner Roll Homemade Dessert	18 <u>Fish Scandia</u> Rice Pilaf Harvard Beets Assorted Muffin Fresh Fruit	19 <u>Chicken Kiev Casserole</u> Spinach Warm Dinner Roll Homemade Dessert	20 <u>Carolina Pulled Pork on Bun</u> Sautéed Cabbage & Onions Macaroni & Cheese Assorted Fruit	21 <u>Assorted Deli Wraps</u> Lettuce/Tomatoes Potato Salad Homemade Dessert
24 <u>Spanish Rice</u> Broccoli w/Cheese Sauce Garlic Knot Homemade Dessert	25 <u>Fishwich w/Cheese</u> Sweet Potato Fries Warm Spiced Pears Coleslaw Fresh Fruit	26 <i>Chef's Choice</i>	27 <u>Turkey over Stuffing w/Gravy</u> Potatoes/Gravy Gingered Carrots Dinner Roll Assorted Fruit	28 <u>Mediterranean Salad w/Chicken and Corn</u> Assorted Muffin Macaroni Salad Homemade Dessert
31 <u>Philly Cheesesteak</u> <u>California Mix Veg</u> Seasoned Potatoes Homemade Dessert	<i>Do you have any nutrition questions or need help with your diet? Contact the Registered Dietitian at: 315-386-4730</i>	<u>MEAL CONSTITUTION</u> Protein – 2oz min Vegetables – ½ - 1 cup Fruit – ½ - 1 cup Starch – 2oz minimum at least 1oz whole grain Dairy – 1 cup	<i>All Meals are served with milk and WW bread or equivalent</i> <i>*Menu Follows a no salt added and low sugar diet.</i>	<i><u>Note:</u> 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>

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)**