

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Pasta with Meat Sauce</u> Italian Medley Garlic Knot Assorted Fruit Pudding Cup	2 <u>Cheddar Sausage Egg Bake</u> Hashbrowns Seasoned Spinach Fruited Yogurt Assorted Muffin Fresh Fruit	3 <u>Mustard Rosemary Chicken</u> Sweet Potatoes Corn Niblets WW Bread Homemade Dessert	4 <u>Ham and Scalloped Potato Casserole</u> Broccoli Dinner Roll Assorted Fruit	5 <u>Homestyle Meatloaf w/Gravy</u> Mashed Potato/Gravy Mixed Vegetables Dinner Roll Homemade Dessert
8 <u>Chicken Teriyaki over Brown Rice</u> Oriental Vegetables Warm Cinnamon Applesauce Assorted Muffin Fresh Fruit	9 <i>All Nutrition Centers Closed for Staff Meeting.</i> <i>Use Frozen Meal</i>	10 <u>Beef Stroganoff Over Egg Noodles</u> Peas and Carrots WW Bread Warm Spiced Fruit Pudding Cup	11 <u>Turkey over Stuffing w/Gravy</u> Mashed Potato/Gravy Squash Dinner Roll Homemade Dessert	12 <u>Sausage with Peppers and Onions on a Sub Roll</u> Assorted Potatoes Yellow Beans Homemade Dessert
15 <u>Fish Burger</u> Stewed Tomatoes Mac and Cheese Assorted Fruit Fruited Yogurt	16 <u>Meatball Parmesan Subs</u> Cauliflower Potato Chips Fresh Fruit Fruited Yogurt	17 <u>Pork Sauerbraten w/Gravy over Egg Noodles</u> Seasoned Cabbage Warm Dinner Roll Happy Birthday Cake!	18 <u>Crispy Breaded Chicken</u> Oven Fries Seasoned Green Beans WW Bread Fresh Fruit	19 <u>Cook's Choice Warm Winter Stew</u> Roasted Brussel Sprouts Warm Spiced Peaches Country Biscuit Homemade Dessert
22 <u>Baked Ziti with Sausage</u> Vegetable DuJour Warm Garlic Knot Fresh Fruit Fruited Yogurt	23 <u>Chicken and Biscuits</u> Mashed Potato/Gravy Harvard Beets Fresh Fruit Pudding Cup	24 <i>All Nutrition Centers Closed for Holiday</i> <i>Use Frozen Meal</i>	25 <u>Merry Christmas!</u> <i>All Nutrition Centers Closed</i> <i>Use Frozen Meal</i>	26 <u>Savory Baked Fish</u> Rice Pilaf Creamed Spinach WW Bread Homemade Dessert
29 <u>Mexican Monday!</u> <i>Chef's Choice</i>	30 <u>Cabbage Roll Casserole</u> Buttered Carrots Warm Corn Muffin Assorted Fruit Pudding Cup	31 <u>Chicken Riggies</u> Italian Mix Veg Warm Garlic Knot Fresh Fruit Homemade Dessert	<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>	

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 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)**