

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Spanish Rice</u> Cauliflower with Cheese Sauce Corn Muffin Fruit Cup	3 <u>Homestyle Meatloaf</u> Mashed Potatoes w/Gravy Chuck Wagon Corn Dinner Roll Fresh Fruit	4 <u>Chicken Pasta Alfredo</u> Italian Medley Veg. Garlic Knot Assorted Fruit Homemade Dessert	5 <u>Cheddar Sausage Egg Bake</u> Creamed Spinach Hashbrowns Assorted Muffin Fruit Cup	6 <u>Pork & Mushroom Stew with Potatoes</u> Diced Beets Buttermilk Biscuit Assorted Fruit Homemade Dessert
9 <u>Cheeseburger</u> Mixed Vegetables Baked Beans Fruit Cup Assorted Yogurt	10 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u>Use Frozen Meal.</u>	11 <u>Sweet & Sour Chicken w/ Rice</u> Oriental Veg. Banana Muffin Homemade Dessert	12 <u>Swedish Meatballs over Noodles</u> Buttered Broccoli Dinner Roll Pudding Cup Fresh Fruit	13 <u>Baked Ham with Country Gravy</u> Mashed Pot./Gravy Sweet Peas Dinner Roll Birthday Cupcake!
16 <u>President's Day</u> <i>All Nutrition Centers Closed.</i> <u>Use Frozen Meal.</u>	17 <u>Shake & Bake Chicken</u> Green Beans Sweet Potatoes Corn Muffin Pudding Cup	18 <u>Tuna Noodle Casserole</u> Zucchini and Stewed Tomatoes Warm Fruit Crisp WW Bread Homemade Dessert	19 <u>Pasta w/ Meat Sauce</u> Italian Medley Veg Garlic Knot Fresh Fruit	20 <u>Vegetable Quiche</u> Shredded Hashbrowns Cheesy Cauliflower Blueberry Muffin Homemade Dessert
23 <u>Monterey Chicken</u> Au gratin potatoes California Blend Vegetables WW Bread Fresh Fruit	24 <u>American Goulash</u> Yellow Beans Warm Cinnamon Applesauce Dinner Roll Fruit Cup	25 <u>BBQ Riblet on Roll</u> Mac & Cheese Brussel Sprouts Assorted Fruit Homemade Dessert	26 <u>Mexican Casserole</u> Spicy Beans & Rice Buttered Spinach Dinner Roll Fresh Fruit	27 <u>Herb Encrusted Fish</u> Rice Pilaf Honey Glazed Carrots Assorted Muffin Fresh Fruit Homemade Dessert
<p><i>Do you have any nutrition questions or need help with your diet?</i></p> <p><i>Contact the Registered Dietitian at 315-386-4730</i></p>		<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:</i></p> <p style="text-align: center;"><i>315-386-4730</i></p>	<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 style="text-align: center;"><u>MEAL CONSTITUTION</u></p> <p><i>Protein – 2oz min</i></p> <p><i>Vegetables – ½ - 1 cup</i></p> <p><i>Fruit – ½ - 1 cup</i></p> <p><i>Starch – 2oz minimum at least 1oz whole grain</i></p> <p><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)**