

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office</i>	1 <u>BBQ Riblet on Bun</u> Seasoned Pot. Wedges Sweet Peas Assorted Fruit	2 <u>Fluffy Sausage,</u> <u>Cheese, and Spinach</u> <u>Strata</u> Buttered Carrots Warm Dinner Roll Homemade Dessert	3 <u>Pasta w/ Meat Sauce</u> Italian Blend Veggies Warm Garlic Knot Assorted Fruit	4 <u>4th of July Holiday</u> <i>Nutrition Sites and County Offices Closed.</i> <u>Use Frozen meal.</u>
7 <u>Fish Burger</u> Coleslaw Macaroni and Cheese Fruit Cup	8 <u>Chicken Alfredo Pasta</u> Broccoli Warm Garlic Knot Assorted Fruit	9 <u>Meat & Cheese Sub</u> Three Bean Salad Potato Salad Homemade Dessert	10 <u>Beef Stroganoff</u> <u>Over Brown Rice</u> Vegetable D'Jour Dinner Roll Fruit Cup	11 <u>Goulash</u> Cauliflower Warm Spiced Fruit Corn Muffin Homemade Dessert
14 <u>Mexican Monday!</u> (Chef's Choice)	15 <u>All Nutrition Centers Closed</u> <i>(Staff Training)</i> <u>Use Frozen Meal.</u>	16 <u>Crispy Breaded</u> <u>Chicken Sandwich</u> Mixed Vegetables Oven Fries Birthday Cake!	17 <u>Ham & Au gratin</u> <u>Potato Casserole</u> Green Beans Warm Cinnamon Applesauce Country Biscuit Pudding Cup	18 <u>Cheesy Baked Fish</u> Rice Pilaf Seasoned Cabbage & Carrots Dinner Roll Homemade Dessert
21 <u>Cheeseburger</u> Hash browns Brussel Sprouts Assorted Fruit	22 <u>Chicken Salad Cold Plate</u> Pasta Salad Pickled Beets Kaiser Roll Fruit Cup	23 <u>Sweet & Sour</u> <u>Meatballs over Rice</u> Oriental Veggies Warm Dinner Roll Homemade Dessert	24 <u>Pork Chop Supreme w/ Peppers&Onions</u> Parslied Potatoes Peas and Carrots Dinner roll Assorted Fruit	25 <u>Baked Ziti</u> Zucchini and Yellow Squash Warm Garlic Knot Homemade Dessert
28 <u>Turkey Broccoli</u> <u>Bake over Rice</u> Stewed Tomatoes Warm Dinner Roll Fruit Mix	29 <u>Breakfast Casserole</u> Seasoned Spinach Warm Blushed Pears Assorted Muffin Fruited Yogurt Cup	30 <u>Meatloaf</u> Mashed Potato w/Gravy Vegetable Medley Dinner Roll Homemade Dessert	31 <u>BBQ Chicken</u> Chuck Wagon Corn Baked Beans Corn Muffin 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:</i> <i>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 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)