



June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Monterey Chicken</u> Au gratin Potatoes Brussel Sprouts Dinner Roll Assorted Fruit	3 <u>Steak and Cheese on Roll with Peppers & Onions</u> Potato Wedges Winter Blend Veggies Assorted Fruit	4 <u>Pork w/ Creamy Mushroom Gravy</u> Parslied Potatoes Mixed Vegetables Dinner Roll Homemade Dessert	5 <u>Savory Baked Fish</u> Macaroni & Cheese Diced Beets Assorted Muffin Mixed Fruit Cup	6 <u>Shepherd's Pie</u> Green Beans Warm Spiced Fruit Dinner Roll Homemade Dessert
9 <u>Italian Monday!</u> (Chef's Choice)	10 <i>All Nutrition Centers Closed.</i> <i>(Staff Training)</i> <i>Use Frozen Meal</i>	11 <u>Chicken Tenders w/Dipping Sauce</u> Assorted Fries Vegetable Medley Dinner Roll Homemade Dessert	12 <u>BBQ Pulled Pork on a Bun</u> Baked Beans Cauliflower with Cheese Sauce Assorted Fruit	13 <u>Sweet-n-Sour Meatballs over Buttered Brown Rice</u> Oriental Vegetables Seasoned Fried Cabbage Dinner Roll Homemade Dessert
16 <u>Chicken Riggies</u> Italian Mixed Veggies Warm Garlic Knot Fresh Fruit	17 <u>Mexican Casserole</u> Chuck wagon Corn Spinach Dinner Roll Assorted Fruit	18 <u>Assorted Meat & Cheese Subs</u> Macaroni Salad 3-Bean Salad BIRTHDAY CAKE!!	19 <u>Juneteenth Holiday</u> <i>Nutrition Sites and County Offices Closed.</i> <i>Use Frozen meal</i>	20 <u>Baked Ham with Country Gravy</u> Sweet Potatoes Mixed Vegetables Homemade Dessert
23 <u>Meatloaf w/Gravy</u> Mashed Potatoes Green Beans Dinner Roll Assorted Fruit	24 <u>Macaroni and Cheese</u> Stewed Tomatoes Warm Spiced Pears Assorted Muffin Fruit Cup	25 <u>Chicken Ala King over Rice</u> Buttered Peas Warm Garlic Knot Homemade Dessert	26 <u>Hot Turkey/Gravy Sandwiches</u> Mashed Pot./Gravy Buttered Carrots Assorted Fruit	27 <u>Tuna Salad & Egg Salad Cold Plate</u> Pasta Salad Southern Coleslaw Dinner Roll Homemade Dessert
30 <u>Chicken & Biscuits</u> Mashed Potatoes Harvard Beets Assorted Fruit			<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>	<i><u>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance:</u></i> 315-386-4730

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—(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)**