

JUNE 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 1 <u>Spanish Rice</u> Cauliflower with Cheese Sauce Corn Muffin Homemade Dessert | 2 <u>Homestyle Meatloaf/Gravy</u> Mashed Potatoes w/Gravy Chuck Wagon Corn Dinner Roll Fresh Fruit | 3 <u>Chicken Alfredo w/ Pasta</u> Italian Medley Veg. Garlic Knot Assorted Fruit Homemade Dessert | 4 <u>Pork and Pepper Stir Fry</u> Oriental Veg. Warm Banana Muffin Pudding Cup Assorted Fruit | 5 <u>Cheeseburger Deluxe</u> Mixed Vegetables Potato Wedges Homemade Dessert |
| 8 <u>Pasta w/ Meat Sauce</u> Italian Medley Veg Warm Garlic Knot Fruit Cup Homemade Dessert | 9 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u>Use Frozen Meal.</u> | 10 <u>Tuna Noodle Casserole</u> Zucchini/ Stewed Tomatoes Warm Spiced Pears Assorted Muffin Yogurt Cup | 11 <u>Savory Roast Pork w/Gravy</u> Mashed Potatoes w/Gravy Mixed Vegetables Dinner Roll Assorted Fruit | 12 <u>Meat & Cheese Sub</u> Lettuce/Tomatoes Potato Salad Fruit Cup Homemade Dessert |
| 15 <u>Macaroni & Cheese</u> Green Beans Assorted Muffin Yogurt Cup Homemade Dessert | 16 <u>Shake & Bake Chicken</u> Winter Mix Veggies Baked Beans Dinner Roll Assorted Fruit | 17 <u>Beef and Vegetable Stew over Biscuit</u> Diced Beets Warm Spiced Peaches <i>Happy Birthday Cake!</i> | 18 <u>Pulled Pork on Bun</u> Sautéed Cabbage & Onions Parslied Potatoes Pudding Cup | 19 <u>Juneteenth Holiday</u> <i>Nutrition Sites and County Offices are Closed.</i> <u>Use Frozen Meal</u> |
| 22 <u>Hawaiian Ham</u> w/Pineapple Whipped Sweet Potatoes Buttered Peas Dinner Roll Homemade Dessert | 23 <u>Creole Chicken</u> Brussel Sprouts Rice Pilaf Corn Muffin Pudding Cup Fresh Fruit | 24 <u>American Goulash</u> Buttered Broccoli Warm Cinnamon Applesauce WW Bread Homemade Dessert | 25 <u>Turkey over Stuffing w/Gravy</u> Potatoes/Gravy Gingered Carrots Dinner Roll Assorted Fruit | 26 <u>Chicken Salad Cold Plate</u> Pasta Salad 3-Bean Salad Kaiser Roll Fruit Cup Homemade Dessert |
| 29 <u>Mexican Monday!</u> (Chef's Choice) | 30 <u>Fish Sandwich w/Cheese</u> Coleslaw Sweet Potato Fries Yogurt Cup Fresh Fruit | <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>Note: If you need to cancel your meal or you will not be home to receive your meal, <u>please call 24 hours in advance:</u></i> 315-386-4730 | All Meals are served with milk and WW bread or equivalent *Menu Follows a no salt added and low sugar diet. |

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)