


# MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Meals are served with <u>milk and WW bread or equivalent</u></i>  <i>*Menu Follows a no salt added and <u>low sugar diet.</u></i></p>	<p><b>Note:</b> <i>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</p>	<p style="text-align: center;"><u>MEAL CONSTITUTION</u>                      Protein – 2oz min                      Vegetables – ½ - 1 cup                      Fruit – ½ - 1 cup                      Starch – 2oz minimum                      at least 1oz whole grn                      Dairy – 1 cup</p>		<p><b>1</b>  <u>Pennsylvania Dutch Casserole</u>                      Sweet Peas                      Warm Spiced Peaches                      WW Bread                      Homemade Dessert</p>
<p><b>4</b>  <u>Swiss Steak</u>                      Mashed Pot/Gravy                      Chef's Vegetable Medley                      Dinner Roll                      Assorted Fruit</p>	<p><b>5</b>  <u>Stuffed Shells</u>                      Italian Style                      Vegetables                      Warm Garlic Knot                      Fresh Fruit                      Pudding Cup</p>	<p><b>6</b>  <u>Amish Breakfast Casserole</u>                      Tomatoes/Zucchini                      Warm Cinnamon Applesauce                      Muffin                      Homemade Dessert</p>	<p><b>7</b>  <u>Chicken and Biscuits</u>                      Buttered Mashed Potatoes                      Harvard Beets                      Fresh Fruit</p>	<p><b>8</b>  <u>Sloppy Jo's on Bun</u>                      Cauliflower w/Cheese Sauce                      Baked Beans                      Homemade Dessert</p>
<p><b>11</b>  <u>Steak and Cheese on Roll with Mushrooms and Onions</u>                      Yellow Beans                      Sweet Potato Fries                      Assorted Fruit</p>	<p><b>12</b>  <i>All Nutrition Centers Closed for Staff Meeting/Training.</i>   <u>Use Frozen Meal.</u></p>	<p><b>13</b>  <u>Shepard's Pie</u>                      Honey Glazed Carrots                      Dinner Roll                      Happy Birthday Cake!!</p>	<p><b>14</b>  <u>Baked Ham w/ Country Gravy</u>                      Mashed Potatoes/Gravy                      Brussel Sprouts                      Dinner Roll                      Fruit Cup</p>	<p><b>15</b>  <u>Sweet-N-Sour Chicken over Rice</u>                      Oriental Vegetables                      Warm Banana Muffin                      Homemade Dessert</p>
<p><b>18</b>  <u>Swedish Meatballs o/ Noodles</u>                      Buttered Corn                      Warm Blushed Pears                      WW Bread                      Pudding Cup</p>	<p><b>19</b>  <u>Honey Mustard Glazed Pork</u>                      Creamy Rice Pilaf                      Mixed Vegetables                      Dinner Roll                      Fresh Fruit</p>	<p><b>20</b>  <u>Pot Roast w/Gravy</u>                      Mashed Potatoes/Gravy                      Spinach                      Dinner Roll                      Homemade Dessert</p>	<p><b>21</b>  <u>Southern BBQ Chicken</u>                      Mac &amp; Cheese                      Peas and Carrots                      Corn Muffin                      Assorted Fruit</p>	<p><b>22</b>  <u>Egg Salad Cold Plate over Lettuce Leaf</u>                      4 Bean Salad                      Potato Salad                      WW Bread                      Homemade Dessert</p>
<p><b>25</b>  <i>Happy Memorial Day!</i>  <i>All Nutrition Centers Closed for Holiday</i>   <u>Use Frozen Meal.</u></p>	<p><b>26</b>  <u>Monterey Chicken</u>                      Au gratin Potatoes                      California Blend Vegetables                      WW Bread                      Assorted Fruit</p>	<p><b>27</b>  <u>BBQ Riblet on Bun</u>                      Potato Wedges                      Green Beans                      Fresh Fruit                      Homemade Dessert</p>	<p><b>28</b>  <u>Turkey Broccoli Bake over Noodles</u>                      Stewed Tomatoes                      Warm Asst Muffin                      Fresh Fruit</p>	<p><b>29</b>  <u>Fish Florentine</u>                      Fried Rice                      Diced Beets                      Assorted Muffin                      Homemade Dessert</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)