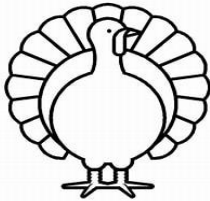


November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Swedish Meatballs over Noodles</u> Broccoli Warm Dinner Roll Pudding Cup Assorted Fruit	4 <u>Sweet & Sour Chicken over Rice</u> Oriental Vegetables Warm Banana Muffin Chilled Mixed Fruit <i>*Election Day*</i>	5 <u>Baked Ham with Country Gravy</u> Mashed Potatoes/Gravy Spinach Dinner Roll Homemade Dessert	6 <u>BBQ Beef on a Bun</u> Vegetable Medley Warm Spiced Pears Macaroni Salad Fruited Yogurt	7 <u>Pork / Mushroom Stew with Potatoes</u> Diced Beets Warm Buttermilk Biscuit Assorted Fruit Homemade Dessert
10 <u>Salisbury Steak w/Gravy</u> Mashed Potatoes Chuck Wagon Corn WW Bread Fresh Fruit	11 <u><i>Veteran's Day</i></u> <i>All Nutrition Centers Closed</i> <i>Use Frozen Meal</i>	12 <u>Chicken Alfredo over Pasta</u> Italian Medley Veg. Warm Garlic Knot Fruit Cup Homemade Dessert	13 <u>Pennsylvania Dutch Casserole</u> Sweet Peas Warm Cinnamon Applesauce Country Biscuit Fresh Fruit	14 <u>Spanish Rice</u> Broccoli with Cheese Sauce Warm Corn Muffin Fruit Cup Homemade Dessert
17 <u>Monterey Chicken</u> Au gratin potatoes California Blend Vegetables WW Bread Fresh Fruit	18 <u>Deluxe Burger on Bun</u> Mixed Vegetables Seasoned Potatoes Fruit Cup Assorted Yogurt	19 <u>Herb Encrusted Fish</u> Rice Pilaf Green Beans Assorted Muffin Assorted Fruit Birthday Cupcake!	20 <u>Turkey/Gravy over Stuffing</u> Mashed Potatoes Squash Dinner Roll Pumpkin Bars	21 <u>Shepard's Pie</u> Cauliflower Florets Cheesy Biscuit Fresh Fruit Pudding Cup
24 <u>Southern BBQ Chicken</u> Sweet Potatoes Brussel Sprouts Corn Muffin Mixed Fruit	25 <u>Saucy California Pork</u> Parslied Potatoes Peas and Carrots Dinner Roll Assorted Fresh Fruit	26 <u>Tuna Noodle Casserole</u> Zucchini and Stewed Tomatoes Warm Fruit Crisp WW Bread	27 <u><i>Happy Thanksgiving!</i></u> <i>All Nutrition Centers Closed.</i> <i>Use Frozen Meal</i>	28 <i>All Nutrition Centers Closed for Holiday.</i> <i>Use Frozen Meal</i>
<i>All Meals are served with 1% milk and ww bread or equivalent</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>	Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance: 315-386-4730	MEAL CONSTITUTION <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum</i> <i>at least 1oz whole grain</i> <i>Dairy – 1 cup</i>		<i>Do you have any nutrition questions or need help with your diet? Contact the Registered Dietitian at 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 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)