

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*All Meals are served with 1% milk and ww Brd or equivalent</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please <u>notify our office</u></i></p>	<p><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> 315-386-4730</p>	<p>1 <u>Turkey Broccoli</u> <u>Bake over Noodles</u> Zucchini and Tomatoes Warm Asst. Muffin Fresh Fruit Homemade Dessert</p>	<p>2 <u>Savory Roast Pork</u> <u>with Gravy</u> Mashed Potatoes w/Gravy Glazed Carrots Dinner Roll Fresh Fruit</p>	<p>3 <u>Cheeseburger Stew</u> Brussel Sprouts with Cranberries Warm Spiced Peaches Country Biscuit Homemade Dessert</p>
<p>6 <u>Creamy Tuscan Chicken</u> Buttered Brown Rice w/ Mushrooms Dinner Roll Sweet Corn Niblets Fruit Cup</p>	<p>7 <u>Tortellini Tuesday!</u> Italian Vegetable Blend Warm Garlic Knot Fresh Fruit Fruited Yogurt</p>	<p>8 <u>Ham and Au gratin</u> <u>Potato Casserole</u> Green Beans Asst Muffin Fruit Cup Homemade Dessert</p>	<p>9 <u>Calico Chili over Rice</u> Diced Beets Warm Dinner Roll Pudding Cup Assorted Fruit</p>	<p>10 <u>Fish Florentine</u> Vegetable Rice Pilaf Stewed Tomatoes WW Bread Happy Birthday Cake!</p>
<p>13 <u>Indigenous People Day!</u> <i>All Nutrition Centers Closed.</i> <u><i>Use Frozen Meal.</i></u></p>	<p>14 <u>Sloppy Jo on Bun</u> Baked Beans Sautéed Cabbage and Carrots Assorted Fruit Pudding Cup</p>	<p>15 <u>Hamburger Tomato</u> <u>Cheese Bake</u> Parslied Cauliflower Warm Applesauce Assorted Muffin Homemade Dessert</p>	<p>16 <u>Crispy Fried Onion Chicken</u> Peas and Carrots Sweet Potatoes Dinner Roll Assorted Fruit</p>	<p>17 <u>Steak Sub with Peppers and Onions</u> Yellow Beans Seasoned Potato Wedges Homemade Dessert</p>
<p>20 <u>Chicken, Potato and Vegetable Pot Pie</u> Buttered Broccoli Warm Cinnamon Apple Slices WW Bread Fruited Yogurt</p>	<p>21 <i>All Nutrition Centers Closed</i> <i>(Staff Training)</i> <u><i>Use Frozen Meal.</i></u></p>	<p>22 <u>Tuna & Egg Salad</u> <u>Cold Plate</u> Veggie Mac Salad Marinated Cucumbers WW Bread Homemade Dessert</p>	<p>23 <u>Cheesy Baked Ziti with Sausage</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit</p>	<p>24 <u>Meatloaf with Gravy</u> Mashed Potatoes with Gravy Mixed Vegetables Dinner Roll Homemade Dessert</p>
<p>27 <u>Turkey Tetrazzini with Mushrooms</u> <u>over Rice</u> Brussel Sprouts Warm Asst Muffin Fruit Cup</p>	<p>28 <u>French Toast</u> <u>Casserole with Breakfast Sausage</u> Hash browns Creamed Spinach Fresh Fruit</p>	<p>29 <u>BBQ Riblet on Bun</u> Macaroni and Cheese Chuck wagon Corn Coleslaw Homemade Dessert</p>	<p>30 <u>Chicken and Biscuits</u> Mashed Potato/Gravy Harvard Beets Fruit Cup</p>	<p>31 <i>Happy Halloween!</i> <u>Gooey Bats and Cobwebs</u> Monster Medley Warm Goblin Knot Boo Brownie</p>

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)