

# October 2026

| MONDAY                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                     | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                                                                        | FRIDAY                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>*All Meals are served with <u>milk and ww Brd</u> or equivalent</i><br/> <i>*Menu Follows a no salt added and <u>low sugar diet.</u></i><br/> <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, <u>please call 24 hours in advance:</u></i><br/> 315-386-4730</p> | <p><u>MEAL CONSTITUTION</u><br/> Protein – 2oz min<br/> Vegetables – ½ - 1 cup<br/> Fruit – ½ - 1 cup<br/> Starch – 2oz minimum at least 1oz whole grn<br/> Dairy – 1 cup</p> | <p><b>1</b><br/> <u>Ham and Au gratin</u><br/> <u>Potato Casserole</u><br/> Green/Yellow Beans<br/> Asst Muffin<br/> Fruit Cup</p>              | <p><b>2</b><br/> <u>Pot Roast w/Gravy</u><br/> Mashed Potatoes with Gravy<br/> Mixed Vegetables<br/> Dinner Roll<br/> Homemade Dessert</p>        |
| <p><b>5</b><br/> <u>Crispy Fried Onion Chicken</u><br/> Peas and Carrots<br/> Sweet Potatoes<br/> Dinner Roll<br/> Assorted Pie</p>                                                                                         | <p><b>6</b><br/> <u>Tortellini Tuesday!</u><br/> Italian Style Green Beans<br/> Warm Garlic Knot<br/> Fresh Fruit<br/> Fruited Yogurt</p>                   | <p><b>7</b><br/> <i><b>Chef's Choice</b></i></p>                                                                                                                              | <p><b>8</b><br/> <u>Chili Con Carne over Rice</u><br/> Diced Beets<br/> Warm Dinner Roll<br/> Pudding Cup<br/> Assorted Fruit</p>               | <p><b>9</b><br/> <u>Fish Florentine</u><br/> Macaroni and Cheese<br/> Stewed Tomatoes<br/> WW Bread<br/> Happy Birthday Cake!</p>                 |
| <p><b>12</b><br/> <u>Indigenous People Day!</u><br/> <i>All Nutrition Centers Closed.</i><br/> <i><u>Use Frozen Meal.</u></i></p>                                                                                           | <p><b>13</b><br/> <u>Assorted Quiche</u><br/> Parslied Cauliflower<br/> Seasoned Potato Wedges<br/> Blueberry Muffin<br/> Assorted Fruit</p>                | <p><b>14</b><br/> <u>Stuffed Shells with Italian Sausage</u><br/> Spinach<br/> Warm Cheesy<br/> Garlic Bread<br/> Homemade Dessert</p>                                        | <p><b>15</b><br/> <u>Tuna Noodle Casserole</u><br/> Buttered Peas<br/> Assorted Muffin<br/> Fresh Fruit</p>                                     | <p><b>16</b><br/> <u>Savory Roast Pork with Gravy</u><br/> Mashed Potatoes w/gravy<br/> Glazed Carrots<br/> Dinner Roll<br/> Homemade Dessert</p> |
| <p><b>19</b><br/> <u>Chicken Cordon Blue w/Cream Sauce</u><br/> Brown Rice with Mushrooms<br/> Buttered Broccoli<br/> WW Bread<br/> Fruited Yogurt</p>                                                                      | <p><b>20</b><br/> <i>All Nutrition Centers Closed</i><br/> <br/> <i>(Staff Training)</i><br/> <br/> <i><u>Use Frozen Meal.</u></i></p>                      | <p><b>21</b><br/> <i><b>Chef's Choice</b></i></p>                                                                                                                             | <p><b>22</b><br/> <u>Reuben Casserole</u><br/> Vegetable DuJour<br/> Dinner Roll<br/> Assorted Fruit<br/> Pudding Cup</p>                       | <p><b>23</b><br/> <u>Beef and Vegetable Stew</u><br/> Brussel Sprouts with Cranberries<br/> Country Biscuit<br/> Homemade Dessert</p>             |
| <p><b>26</b><br/> <u>Turkey Tetrazzini Over Rice</u><br/> Harvard Beets<br/> Dinner Roll<br/> Yogurt Cup</p>                                                                                                                | <p><b>27</b><br/> <u>French Toast Casserole with Breakfast Sausage</u><br/> Hashbrowns<br/> Creamed Spinach<br/> Fresh Fruit</p>                            | <p><b>28</b><br/> <u>Salisbury Steak with Gravy</u><br/> Mashed Potatoes/Gravy<br/> Winter Blend Veg<br/> Dinner Roll<br/> Homemade Dessert</p>                               | <p><b>29</b><br/> <u>Seasoned Breaded Fish with Tartar Sauce</u><br/> Sweet Potato Fries<br/> Coleslaw<br/> Dinner Roll<br/> Assorted Fruit</p> | <p><b>30</b><br/> <u>Gooey Bats and Cobwebs</u><br/> Monster Medley<br/> Warm Goblin Knot<br/> Boo Brownie<br/> <i>Happy Halloween!</i></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 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)