

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				9/1 <b>Cottage Cheese Fruit Plate</b> with Peaches, Pears, and Pineapple Rings Banana Bread Assorted Desserts
9/4  <b>Happy Labor Day</b> Nutrition Centers are Closed Use Frozen Meal	9/5  <b>Italian Sausage Sub</b> with Onions and Peppers Sweet Potato Fries Tuscan Blend Vegetables Fruit Cup	9/6  <b>Chicken and Biscuits</b> Mashed Potatoes Peas and Carrots Butterscotch Pudding	9/7  <b>Tuna Salad Cold Plate</b> over Lettuce Leaf Pea and Cheese Salad Potato Salad Gingerbread Cake With Whipped Topping	9/8  <b>Spanish Rice</b> Cauliflower Oatmeal Raisin Cookie
9/11  <b>Manicotti with Marinara</b> Sauce Sonoma Wine Country Garlic Roll Blend Vegetables Pudding Parfait	9/12  <b>CHEF'S CHOICE</b>	9/13  <b>Beef Stroganoff</b> Buttered Egg Noodles Mixed Vegetables Apple Crisp with Topping	9/14  <b>Roasted Chicken and</b> Cheese Sub Potato Chips Marinated Cukes & Tomatoes Ice Cream Cup	9/15  <b>Baked Haddock</b> Rice Pilaf Minced Coleslaw Pineapple Tidbits
9/18  <b>Swedish Meatballs</b> over Buttered Rice Buttered Carrots Fruited Yogurt	9/19  <b>Chicken ala King</b> Over Spiral Pasta Catalina Blend Vegetables Cookie	9/20  <b>Deli Meat and Cheese</b> Cold Plate 3 Bean Salad Macaroni Salad Strawberry Shortcake with Whipped Topping	9/21  <b>Hamburger Stew</b> County Style Biscuit Beets Cinnamon Applesauce	9/22  <b>Philly Steak/Cheese Sub</b> w/Onions and Peppers Hash Brown Rounds Brussel Sprouts Grapes
9/25  <b>CHEF'S CHOICE</b>	9/26  <b>Basil Chicken and Parm</b> Casserole w/Bowties Italian Vegetable Blend Garlic Knot Peach Fluff	9/27  <b>Chuck Wagon Steak</b> with Gravy Parslied Butter Potatoes Spinach Fresh Fruit	9/28  <b>Chicken Cordon Bleu</b> Cheesy Rice Green Beans Birthday Cake w/Sprinkles	9/29  <b>Macaroni and Cheese</b> Stewed Tomatoes Blueberry Muffin Assorted Dessert

\*All meals are served with 2% milk and bread or dinner roll\*

**ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM**

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

Suggested Contribution: \$3.00 (age 60+) Guest Fee \$5.—(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)

*Louie Budnick PO* 8/8/23