

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Happy Labor Day!</u> <i>All Nutrition Centers Closed.</i> <u>Use Frozen Meal.</u>	2 <u>Chicken Ala King over Rice</u> Summer Squash Blend Warm Dinner Roll Assorted Fruit	3 <u>BBQ Riblet on Bun</u> Baked Beans Chuck Wagon Corn Fruit Cup Homemade Dessert	4 <u>Homestyle Meatloaf w/Gravy</u> Mashed Pot./Gravy Brussel Sprouts Pickled Beets Fresh Fruit	5 <u>Meat/Cheese Subs</u> Macaroni Salad 3-Bean Salad Assorted Fruit Homemade Dessert
8 <u>Fish Burger w/Cheese</u> Mixed Vegetables Oven Fries Assorted Fruit	9 <i>All Nutrition Centers Closed For Staff Training.</i> <u>Use Frozen Meal.</u>	10 <u>Chicken Riggies</u> Italian Mixed Veg. Warm Garlic Knot Fresh Fruit Homemade Dessert	11 <u>Pennsylvania Dutch Casserole</u> Green Beans Warm Cinnamon Applesauce Country Biscuit Pudding Cup	12 <u>American Goulash</u> Cauliflower Warm Spiced Fruit Corn Muffin Homemade Dessert
15 <u>Pepper Steak over Rice</u> Broccoli Warm Dinner Roll Assorted Fruit	16 <u>Tuna and Egg Salad Cold Plate</u> Pasta Salad Pickled Beets Fresh Fruit	17 <u>Turkey w/Gravy</u> Mashed Pot./Gravy Buttered Carrots Fruit Salad <i>Happy Birthday Cake!</i>	18 <u>Pork Sauerbraten w/Gravy over Egg Noodles</u> Seasoned Cabbage Warm Dinner Roll Assorted Fruit	19 <u>Mustard & Rosemary Crusted Chicken</u> Sweet Potatoes Vegetable Medley Fruit Cup Homemade Dessert
22 <u>Macaroni & Cheese</u> Green Beans Warm Dinner Roll Creamy Cucumber Salad Assorted Fruit	23 <u>Pork Vegetable Stir Fry over Rice</u> Steamed Yellow Squash Assorted Warm Muffin Fresh Fruit	24 <u>BBQ Chicken</u> Sweet Peas Warm Corn Muffin Coleslaw Fruit Cup Homemade Dessert	25 <u>Cheesy Egg Bake</u> Warm Blushed Pears Stewed Tomatoes Baker's Choice Muffin Fruited Yogurt	26 <u>Mexican Casserole</u> Sweet Corn Niblets Seasoned Spinach Assorted Fruit Homemade Dessert
29 <u>Meatball Parmesan Subs</u> Italian Mix Veg Seasoned Potato Wedges Assorted Fruit Pudding Cup	30 <u>Creole Chicken</u> Rice Pilaf Winter Mix Vegetables Buttermilk Biscuit Fruit Cup	<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 <u>notify our office.</u></i>	<u>Important Notice:</u> <i>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	<u>MEAL CONSITUTION:</u> <i>Protein – 2oz min</i> <i>Vegetables – 1/2-1 cup</i> <i>Fruit – 1/2- 1 cup</i> <i>Starch – 2oz min</i> <i>Dairy – 1 cup</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 am.
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)