

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> 315-386-4730	1 <u>Sweet & Sour Pork Over Rice</u> Oriental Vegetables Warm Blushed Pears Dinner Roll Pudding Cup	2 <u>Homestyle Meatloaf w/Gravy</u> Chuck Wagon Corn Mashed Pot./Gravy Dinner Roll Homemade Dessert	3 <u>Baked Ham with Raisin Sauce</u> Brussel Sprouts Au gratin Potatoes Assorted Muffin Fresh Fruit	4 <u>Meat & Cheese Subs</u> Lettuce/Tomatoes Creamy Cucumber Ranch Pasta Salad Fruit Cup Homemade Dessert
7 <u>Happy Labor Day!</u> <i>All Nutrition Centers Closed.</i> <u><i>Use Frozen Meal.</i></u>	8 <u>Pizza Pie Casserole</u> Italian Style Green Beans Warm Garlic Knot Assorted Fruit Yogurt Cup	9 <u><i>Chef's Choice</i></u>	10 <u>Chicken & Biscuits</u> Buttered Potatoes Harvard Beets Fresh Fruit	11 <u>Egg Salad over Greens</u> Pea & Cheese Salad Marinated tomatoes WW Bread Homemade Dessert
14 <u>Cheeseburger Deluxe</u> Mixed Vegetables Potato Wedges Pudding Cup	15 <i>All Nutrition Centers Closed for Staff Meeting/Training.</i> <u><i>Use Frozen Meal</i></u>	16 <u>Creole Chicken over Rice</u> Parslied Cauliflower Dinner Roll Happy Birthday Cake!!!	17 <u><i>Chef's Choice</i></u>	18 <u>Tuna Boats</u> Pineapple Coleslaw Lettuce/Tomato Potato Chips Fruit Cup Homemade Dessert
21 <u>Monterey Chicken Pasta Bake</u> Mixed Vegetables Warm Garlic Knot Yogurt Cup	22 <u>BBQ Riblet on Roll</u> Peas and Carrots Macaroni & Cheese Assorted Fruit Homemade Dessert	23 <u><i>Chef's Choice</i></u>	24 <u>Swedish Meatballs over Noodles</u> Buttered Broccoli Warm Dinner Roll Pudding Cup Fresh Fruit	25 <u>Herb Encrusted Fish</u> Rice Pilaf Honey Glazed Carrots Assorted Muffin Homemade Dessert
28 <u>Mexican Casserole</u> Spicy Beans and Rice Spinach Assorted Fruit Homemade Cookie	29 <u>Pork & Mushroom Stew with Potatoes</u> Diced Beets Buttermilk Biscuit Assorted Fruit	30 <u>Chicken Pasta Alfredo</u> Italian Medley Veg. Warm Garlic Knot Homemade Dessert	<i>All Meals are served with milk and WW bread or equivalent</i> <i>*Menu Follows a no salt added and low sugar diet.</i>	<u>MEAL CONSTITUTION</u> <i>Protein – 2oz min</i> <i>Vegetables – ½ - 1 cup</i> <i>Fruit – ½ - 1 cup</i> <i>Starch – 2oz minimum at least 1oz whole grn</i> <i>Dairy – 1 cup</i>

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 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)**