

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
8/1 <u>Bacon Cheeseburger</u> Baked Beans, ww bun Brussel Sprouts Fresh Orange	8/2 <u>Zesty Chicken</u> Red Parslied Pot. Baby Carrots, ww bread, PB cookie	8/3 <u>Sweet&Sour Meatballs</u> o/brown Rice Oriental Blend Pineapple Tidbits	8/4 <u>Roasted Pork w/</u> <u>Mushroom Gravy</u> Mashed Potatoes Asparagus, Biscuit Blueberry Crumble	8/5 <u>Goulash</u> Mixed Vegetables Italian Bread Baked Pears
8/8 <u>French Toast w/Sausage</u> Hashbrown Rounds Warm Applesauce Juice	8/9 <u>Tuna Salad on Pita</u> Greek Pasta Salad Pickle, chips Cheese Stick Ambrosia	8/10 <u>Salisbury Steak</u> Mashed Pot. w/gravy Sweet Peas Rye Bread Brownie	8/11 Senior Picnic @ Gouverneur! Sites are closed. <u>USE FROZEN MEAL.</u>	8/12 <u>Chef's Choice</u>
8/15 <u>Shake & Bake Chicken</u> Baked Potato w/SC Diced Beets Ww Bread Fresh Apple	8/16 <u>Boiled Dinner</u> (Ham, Carrots, Potato, Cabbage) WW Bread Cherry Crisp with Whipped Topping	8/17 <u>Italian Sausage</u> w/peppers & onions Steak Fries Seasoned Broccoli Mixed Berries & Cream	8/18 <u>Turkey Dinner</u> Mashed Pot.w/gravy Stuffing, Green Beans Dinner Roll Peach Cobbler	8/19 <u>Mac & Cheese</u> Stewed Tomatoes Yogurt Muffin Fudge Brownie
8/22 <u>Fish Florentine</u> Rice Pilaf Capri Blend Veg. Ww bread, Grapes	8/23 <u>Monterey Jack Chicken</u> Red Garlic Mashed Cheesy Cauliflower Italian Bread Birthday Cake!	8/24 <u>Julienne Salad</u> Marinated cucumbers Cottage Cheese Bread Stick Lemon Pudding	8/25 <u>BBQ Pulled Pork</u> Baked Sweet Potato Minced Coleslaw Corn Muffin Pineapple Fluff	8/26 <u>Chef's Choice</u>
8/29 <u>Philly Cheese Steak Sub</u> Seasoned Potato Wedges Peas/Carrots Fresh Fruit Salad	8/30 <u>Lasagna</u> Waxed Beans, Garden Salad, Garlic Roll, Strawberry Bavarian Cream	8/31 <u>Chicken Tenders</u> Au gratin Potatoes Summer Blend Veg. Ww dinner roll Mandarin Oranges	9/1 <u>Homestyle Meatloaf</u> Mashed Pot. w/gravy Mixed Veggies Cheddar Biscuit Blueberry Cheesecake	9/2 <u>Chef's Choice</u> <u>Cold Plate</u>

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, DeKalb, Gouverneur, Morristown, Ogdensburg, Potsdam and Star Lake

Suggested Contribution: \$3.00 (age60+) 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)