

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	2/1 Chicken & Biscuit Mashed Potato Harvard Beets Brownie	2/2 Vegetable Quiche Home Fries, Sausage Link, English Muffin w/PB, Juice, Yogurt	2/3 Sweet & Sour Pork Over Brown Rice Oriental Blend, Corn Muffin, Pineapple Fluff	2/4 Spaghetti & Meatballs Green Beans, Garden Salad, Garlic Knot, Chocolate Cake
2/7 Cabbage Roll Diced Carrots Apple Slices Italian Bread	2/8 Zesty Chicken Red Garlic Mashed Cheesy Cauliflower ww Bread, Cookie	2/9 Chili Waxed Beans Corn Bread, Packet of Saltines, Ambrosia	2/10 Hawaiian Ham Sweet Potatoes Winter Blend Veg. Rye Bread Birthday Cake	2/11 CHEF'S CHOICE 
2/14 Chicken Tenders Seasoned Wedges Spinach, WW Bread Banana	2/15 Italian Sausage w/peppers & onions Parslied Potatoes Brussel Sprouts Ww roll, Fruit Cup	2/16 Chicken Parmesan Over pasta Italian Blend Veg. Garlic Bread Warm Cinn. Pears	2/17 Homestyle Meatloaf Mash. Potato w/gravy, Peas & Carrots Cheddar Biscuit Apple Crisp	2/18 Mac & Cheese Stewed Tomatoes Bran Muffin Butterscotch Pudding
2/21 Presidents' Day All Nutrition Centers & County offices CLOSED. Use Frozen Meal	2/22 Hot Dog on Bun Baked Beans Sweet Peas Mandarin Oranges	2/23 BBQ Chicken Baked Potato w/SC Cole Slaw, Corn Muffin, Brown Sugar Peaches	2/24 Turkey Casserole Butternut Squash Dinner Roll Blueberry Cobbler	2/25 CHEF'S CHOICE 
2/28 Sloppy Jo's on Bun Steak Fries Diced Carrots Fruit Cup	3/1 Boiled Dinner (ham, potatoes, cabbage & carrots) Cinn. Raisin Muffin Warm Berry Crisp	3/2 Chicken Alfredo Over Linguini Broccoli Florets Garlic Bread Warm Applesauce	3/3 Marinated Pork Loin Mashed Pot. w/gravy Capri Blend Veg. Cheddar Garlic Biscuit, Brownie	3/4 Lemon Pepper Fish Rice Pilaf, Toss Salad, Peas, ww bread, Assorted Dessert

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)