

# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1/03</b> <b><u>Chicken Cordon Bleu</u></b> <b>Au gratin Potatoes</b> <b>Harvard Beets</b> <b>ww bread</b> <b>Fruit Cup</b>	<b>1/04</b> <b><u>BBQ Pulled Pork</u></b> <b>Baked Sweet Potato</b> <b>Cole Slaw, ww Roll</b> <b>Pineapple Fluff</b>	<b>1/05</b> <b><u>Turkey Tetrazzini</u></b> <b>Sweet Peas</b> <b>Italian Bread</b> <b>Warm Cinnamon</b> <b>Pears</b>	<b>1/06</b> <b><u>Boiled Dinner</u></b> <b>(ham, potatoes,</b> <b>cabbage &amp; carrots)</b> <b>Ww dinner roll</b> <b>Warm Berry Crisp</b>	<b>1/07</b> <b><u>Lasagna Roll Up</u></b> <b>w/marinara</b> <b>Waxed Beans, Toss</b> <b>Salad, Garlic Bread,</b> <b>Ice Cream</b>
<b>1/10</b> <b><u>Breakfast Sandwich</u></b> <b>w/egg, bacon &amp; cheese</b> <b>Hash Brown, Spinach,</b> <b>English Muffin, Yogurt</b>	<b>1/11</b> <b><u>Shephard's Pie</u></b> <b>Mixed Veggie</b> <b>Cheddar Biscuit</b> <b>Fruited Jell-O</b>	<b>1/12</b> <b><u>Goulash</u></b> <b>Green Beans</b> <b>Italian Bread</b> <b>Baked Apples</b>	<b>1/13</b> <b><u>Marinated Chicken</u></b> <b>Cheesy Mashed Potato</b> <b>German Blend Veg.</b> <b>Ww Bread, Cookie</b>	<b>1/14</b> <b><u>CHEF'S CHOICE</u></b> 
<b>1/17</b> <b><u>Martin Luther King Jr.</u></b> <b>All Nutrition Centers &amp;</b> <b>County offices</b> <b><u>CLOSED.</u></b> <b><i>Use Frozen Meal</i></b>	<b>1/18</b> <b><u>Meatball Sub</u></b> <b>w/Mozzarella</b> <b>O'Brien Potatoes</b> <b>Peas/Pearl Onions</b> <b>Mandarin Oranges</b>	<b>1/19</b> <b><u>Monterey Jack</u></b> <b>Chicken</b> <b>Red Garlic Mashed</b> <b>Cheesy Cauliflower</b> <b>Ww bread</b> <b>Pudding Parfait</b>	<b>1/20</b> <b><u>Beef Stroganoff</u></b> <b>Over Egg Noodles</b> <b>Brussel Sprouts</b> <b>Muffin, Blueberry</b> <b>Cobbler</b>	<b>1/21</b> <b><u>Italian Baked Tilapia</u></b> <b>Rice Pilaf</b> <b>Stewed Tomatoes</b> <b>Rye Bread</b> <b>Assorted Dessert</b>
<b>1/24</b> <b><u>Cheeseburger Supreme</u></b> <b>Baked Beans</b> <b>Mixed Veggies</b> <b>ww Bun, Banana</b>	<b>1/25</b> <b><u>Glazed Ham</u></b> <b>Sweet Potatoes</b> <b>Winter Blend Veg.</b> <b>Ww Bread, PB Cookie</b>	<b>1/26</b> <b><u>Spanish Rice</u></b> <b>Steamed Broccoli</b> <b>Italian Bread</b> <b>Warm Spiced</b> <b>Peaches</b>	<b>1/27</b> <b><u>Roast Turkey w/Gravy</u></b> <b>Mashed Potatoes</b> <b>Stuffing, Baby Carrots</b> <b>Country Biscuit</b> <b>Apple Crumble</b>	<b>1/28</b> <b><u>CHEF'S CHOICE</u></b> 
<b>1/31</b> <b><u>Philly Steak on Roll</u></b> <b>w/pepper &amp; onions</b> <b>Steak Fries, Buttered</b> <b>Peas, Fresh Grapes</b>	<b>2/01</b> <b><u>Chicken &amp; Biscuit</u></b> <b>Mashed Potato</b> <b>Harvard Beets</b> <b>Brownie</b>	<b>2/02</b> <b><u>Vegetable Quiche</u></b> <b>Home Fries, Sausage</b> <b>Link, English Muffin</b> <b>w/PB, Juice, Yogurt</b>	<b>2/03</b> <b><u>Sweet &amp; Sour Pork</u></b> <b>Over Brown Rice</b> <b>Oriental Blend, Corn</b> <b>Muffin, Pineapple Fluff</b>	<b>2/04</b> <b><u>Spaghetti</u></b> <b>w/Meatballs</b> <b>Waxed Beans, Garden</b> <b>Salad, Garlic Bread,</b> <b>Chocolate Cake</b>

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)