

# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				7/1 * <i>holiday meal*</i> <b>BBQ Chicken</b> <b>Baked Beans</b> <b>Cole Slaw</b> <b>Corn Bread</b> <b>Apple Crumble</b>
7/4 <b>All County Offices &amp; Nutrition Centers Closed.</b>  <b><u>USE FROZEN MEAL.</u></b>	7/5 <b><u>Meatball Subs</u></b> <b>Salt Potatoes</b> <b>Cheesy Cauliflower</b> <b>ww bun</b> <b>Fruit Cocktail</b>	7/6 <b><u>Turkey/Ham &amp; Swiss</u></b> <b>On Club Roll, Creamy</b> <b>Cucumber/Onion</b> <b>Salad, 4 Bean Salad</b> <b>PB Cookie</b>	7/7 <b><u>Savory Pork</u></b> <b>Mashed Potato w/ gravy, Zucchini/ Yellow Squash, ww</b> <b>Bread, Carrot Cake</b>	7/8 <b><u>CHEF'S CHOICE</u></b>  
7/11 <b><u>Chili Cheese Dog</u></b> <b>On WW Bun</b> <b>Tatar Tots</b> <b>Buttered Peas</b> <b>Banana</b>	7/12 <b><u>Ham w/ Pineapple</u></b> <b><u>Sauce</u></b> <b>Sweet Potato Mash</b> <b>Brussel Sprouts</b> <b>WW Bread</b> <b>Pudding Parfait</b>	7/13 <b><u>Spanish Rice</u></b> <b>California Blend</b> <b>Italian Bread</b> <b>Baked Cinnamon</b> <b>Apples</b>	7/14 <b><u>Sausage &amp; Gravy</u></b> <b>Mashed Potatoes</b> <b>Asparagus</b> <b>Country Biscuit</b> <b>Strawberry Rhubarb</b> <b>Crisp w/whip top.</b>	7/15 <b><u>Turkey Tetrzzini</u></b> <b>Italian Blend Veg.</b> <b>Garden Salad</b> <b>Garlic Roll</b> <b>Assorted Dessert</b>
7/18 <b><u>Broccoli &amp; Cheddar Strata</u></b> <b>Home Fries</b> <b>Diced Carrots, English</b> <b>Muffin w/PB, Yogurt</b>	7/19 <b><u>Chicken Cordon Bleu</u></b> <b>Augratin Potatoes</b> <b>Harvard Beets</b> <b>WW Dinner Roll</b> <b>Fresh Grapes</b>	7/20 <b><u>Egg Salad</u></b> <b>Macaroni Salad</b> <b>Carrot/Raisin Salad</b> <b>Chips, Pita Bread</b> <b>Fudge Brownie</b>	7/21 <b><u>Pork Chop Supreme</u></b> <b>Baked Potato w/SC</b> <b>Seasoned Spinach</b> <b>Corn Muffin</b> <b>Birthday Cake!</b>	7/22 <b><u>CHEF'S CHOICE</u></b>  
7/25 <b><u>Chicken &amp; Biscuits</u></b> <b>Mashed Potatoes</b> <b>Capri Blend Veg.</b> <b>Assorted Cookie</b>	7/26 <b><u>Cheese Tortellini</u></b> <b>w/meat sauce</b> <b>Green Beans</b> <b>Garlic Knot</b> <b>Pineapple Fluff</b>	7/27 <b><u>Baked Haddock</u></b> <b>Rice Pilaf</b> <b>Broccoli Florets</b> <b>Ww Roll</b> <b>Fresh Pear</b>	7/28 <b><u>Glazed Meatloaf</u></b> <b>Red Garlic Mashed</b> <b>Scalloped Corn</b> <b>Zucchini Muffin</b> <b>Blueberry Cobbler</b>	7/29 <b><u>Chicken Caesar Salad</u></b> <b>Carrot Sticks</b> <b>Cottage Cheese</b> <b>Bread Stick</b> <b>Spiced Apricots</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)