



June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		6/1 <u>BBQ Pulled Pork</u> Baked Beans Coleslaw, ww roll Pineapple Tidbits	6/2 <u>Homestyle Meatloaf</u> Mashed Pot. w/gravy Corn, Cheddar Biscuit Blueberry Cobbler	6/3 <u>CHEF'S CHOICE</u> 
6/6 <u>Sloppy Joe's on Bun</u> Seasoned Wedges Spinach Fresh Banana	6/7 <u>Salisbury Steak</u> Mashed Pot. w/gravy French cut Beans Ww Bread, Brownie	6/8 <u>Salad Plate</u> Tuna Salad, Broccoli Salad, Pasta Salad, Flatbread, Fruit salad	6/9 <u>Ruben Casserole</u> Baby Carrots Rye Bread PB Cookie	6/10 <u>Baked Ziti</u> Garden Salad Garlic Roll, Waxed Beans, Birthday Cake!
6/13 <u>Monterey Jack Chicken</u> Garlic Mashed Pot. Cheesy Cauliflower Italian Bread Fruit Cocktail	6/14 <u>Lazy Beef o/Noodles</u> Sweet Peas Country Biscuit Fresh Grapes	6/15 <u>Glazed Ham</u> Sweet Pot. Mash Brussel Sprouts Ww Dinner roll Mixed Berry Crisp	6/16 <u>Turkey A La King</u> o/brown rice Broccoli Florets Ww bread Lemon Pudding	6/17 <u>CHEF'S CHOICE</u> 
6/20 <u>Pancakes & Sausage</u> w/maple syrup Hash brown rounds Yogurt Parfait Orange Juice	6/21 <u>Cheeseburger Deluxe</u> Seasoned Wedges Peas/Pearl Onions WW Bun Cherry Cheesecake	6/22 <u>Cold Meat/Cheese Sub</u> Pasta Salad Chips Dill Pickle Fudge Brownie	6/23 <u>Chicken Teriyaki</u> o/Jasmine Rice Oriental Blend Veg. Assorted Muffin Peach Fluff	6/24 <u>Goulash</u> Mixed Vegetables Italian Bread, Toss Salad w/dressing Baked Cinn. Apples
6/27 <u>Boiled Dinner</u> (ham, carrots, pot., cabbage), Cinn. Raisin Muffin, Rasp. Cookie	6/28 <u>Philly Steak on Roll</u> Macaroni Salad Peas & Carrots Diced Pears	6/29 <u>Baked Fish Scandia</u> Rice Pilaf Harvard Beets Ww Bread, Fruited Jell-O w/whipped top.	6/30 <u>CHEF'S CHOICE</u> 	7/1 * <u>BBQ Chicken</u> Baked Beans Cole Slaw Corn Bread Apple Crumble

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)