

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	3/1 <u>Boiled Dinner</u> (ham, potatoes, cabbage & carrots) Cinn. Raisin Muffin Warm Berry Crisp	3/2 <u>Chicken Alfredo</u> Over Linguini Broccoli Florets Garlic Bread Warm Applesauce	3/3 <u>Marinated Pork Loin</u> Mashed Pot. w/gravy Capri Blend Veg. Cheddar Garlic Biscuit, Brownie	3/4 <u>Lemon Pepper Fish</u> Rice Pilaf, Toss Salad, Peas, ww bread, Assorted Dessert
3/7 <u>Swedish Meatballs</u> Over brown rice Stewed Tomatoes Ww dinner roll Fresh Grapes	3/8 <u>Dijon Chicken</u> Red Skin Garlic Mash Baby Carrots, ww bread, Raspberry Cookie	3/9 <u>Stuffed Shells</u> Zucchini/Yellow Squash, Italian Bread, Toss Salad Warm Cinn. Pears	3/10 <u>Beef Stew</u> Waxed Beans Country Biscuit Cherry Cheesecake	3/11 <u>CHEF'S CHOICE</u> 
3/14 <u>BBQ Riblet</u> Tator Tots, ww bun Cheesy Cauliflower Butterscotch Pudding	3/15 <u>Ham & Scalloped Potatoes</u> Spinach, Rye Bread Mandarin Oranges	3/16 <u>Turkey Pot Pie</u> Winter Blend Veg. Blueberry Muffin Fruited Jell-O w/Whipped topping	3/17 <u>Corn Beef & Cabbage</u> Potatoes, Carrots Ww dinner roll Shamrock Cake	3/18 <u>Vegetable Lasagna</u> Mixed Vegetables Toss Salad Garlic Knot Lemon Bars
3/21 <u>French Toast w/Syrup</u> Sausage Cinnamon Applesauce Yogurt, Orange Juice	3/22 <u>Swiss Steak</u> Mashed Potatoes Tuscan Blend Ww Bread Fudge Brownie	3/23 <u>Taco Bake</u> Sweet Peas 4 Bean Salad Ww Bread Ice Cream	3/24 <u>Pulled Pork</u> Sweet Potatoes Coleslaw, Corn Muffin Pineapple Fluff	3/25 <u>CHEF'S CHOICE</u> 
3/28 <u>Bacon Cheeseburger</u> Baked Beans Brussel Sprouts Ww Bun Fruit Cup	3/29 <u>Chicken Cordon Bleu</u> Au gratin Potatoes Harvard Beets Ww dinner roll Chocolate Chip Cookie	3/30 <u>Goulash</u> French Cut Beans Spiced Peaches Italian Bread Ambrosia	3/31 <u>Savory Pot Roast</u> Mashed Pot. w/gravy Peas/Carrots Buttermilk Biscuit Apricots	4/1 <u>Baked Haddock</u> Rice Pilaf Broccoli Florets Ww roll Chocolate Mousse

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)