

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
5/2 <u>Turkey Pot Pie</u> Winter Blend Veg. Blueberry Muffin Fruited Jell-O /Whipped topping	5/3 <u>Hot Dog on Bun</u> Seasoned Wedges Brussel Sprouts Rainbow Sherbet	5/4 <u>Chicken Cordon Bleu</u> Au gratin Potatoes Harvard Beets Ww dinner roll PB Cookie	5/5 <u>Pork Loin w/Mushroom Gravy</u> Mashed Pot., Capri Blend, Country Biscuit Fudge Brownie	5/6 <u>CHEF'S CHOICE</u> 
5/9 <u>Cheddar Cheese Omelet</u> Hash brown Spinach English Muffin w/PB Yogurt	5/10 <u>Glazed Baked Ham</u> Sweet Potato Mash Asparagus WW dinner roll Lemon Bars	5/11 <u>Spanish Rice</u> California Blend Italian Bread Baked Apples	5/12 <u>Chicken & Biscuits</u> Mashed Potatoes Baby Carrots Mixed Berries	5/13 <u>Chef's Salad</u> Carrot Sticks Cottage Cheese WG Breadstick Birthday Cake!
5/16 <u>Beef Stroganoff</u> Buttered Egg Noodles Peas/Pearl Onions, ww bread, Fresh Orange	5/17 <u>Shephard's Pie</u> Mixed Veggies Corn Muffin Strawberry Fluff	5/18 <u>Taco Salad</u> w/salsa, refried beans & SC, 3 Bean Salad WG Tortilla Chips Rasp. Filled Cookie	5/19 <u>Honey Dijon Chicken</u> Baked Pot. w/SC Broccoli Florets WG Dinner Roll Butterscotch Pudding	5/20 <u>CHEF'S CHOICE</u> 
5/23 <u>Spaghetti & Meatballs</u> French Cut Beans Garlic Roll, Toss Salad Fruit Cup	5/24 <u>Ham & Scalloped Potatoes</u> Sweet Peas ww bread Cinnamon Pears	5/25 <u>Roast Beef & Swiss on Kaiser Roll</u> Mac Salad Carrot/Raisin Salad Melon Melody	5/26 <u>Turkey Dinner</u> Mashed w/Gravy Stuffing, Squash, ww roll, Apple Crisp w/whipped topping	5/27 <u>Zesty Italian Tilapia</u> Rice Pilaf Cheesy Cauliflower Italian Bread Chocolate Mousse
5/30 <u>Memorial Day!</u> All Nutrition Sites/County Offices Closed.	5/31 <u>Oriental Chicken</u> o/Brown Rice Broccoli, Rye Bread Spiced Peaches	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 Crumble	6/3 <u>CHEF'S CHOICE</u> 

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)