




December 2011

Mon	Tue	Wed	Thu	Fri
11/28 Chili Cornbread Peas MB Pudding with Topping	11/29 Chicken Pieces with Dipping Sauce, Zucchini & Tomatoes, Scalloped Potatoes MBB No Bake Cookie	11/30 Liver & Onions Mashed Potatoes/Gravy Broccoli, Dinner Roll MB, Fruit	12/1 Beef Pot Roast Boiled, Potatoes/Gravy Carrots, MB Dinner Roll Assorted Dessert	12/2 Cook's Choice 
12/5 Baked Ziti Italian Mixed Vegetables Italian Bread Milk, Ice Cream	12/6 Swedish Meatballs over Rice Broccoli, Dinner Roll Milk, Fruit Pie	12/7 Bacon Cheese Burgers, Spinach, Pickles, Potato Chips, Milk, Fruit	12/8 Pizza Mixed Vegetables Warm Cinnamon Applesauce Milk, Assorted Dessert	12/9 Beef Stew over Biscuit, Escalloped Apples, Milk Assorted Dessert
12/12 Sausage/Peppers/ Onions on a Bun Carrots, Baked Beans, Milk, Fruit Salad	12/13 Savory Fish Rice Pilaf, Stewed Tomatoes, Dinner Roll, Milk Pudding Parfait	12/14 Chicken Parmesan Pasta, Italian Bread, Zucchini, Milk Fruited Bavarian	12/15 Macaroni & Cheese Green Beans, Muffin, Milk Cream Pie	12/16 Cook's Choice 
12/19 Roast Pork Mashed Potatoes and Gravy Peas Dinner Roll Milk, Fruit Salad	12/20 Chicken and Biscuits Parslied Potatoes Carrots Milk Fruited Yogurt	12/21 Philly Cheese Steak Sub w/Peppers & Onions, Tator Tots, California Mixed Vegetables, Milk, Ambrosa	12/22 Meatloaf Mashed Potatoes/Gravy Brussell Sprouts, Bread Milk Frosted Cake	12/23 Ham Slice Sweet Potatoes Cauliflower, Dinner Roll Milk Assorted Pie
12/26 Christmas County Offices and Food & Friendship Centers Closed	12/27 Egg/Cheese & Sausage Casserole, Escalloped Fruit, Muffin, Hash Browns Milk, Ice Cream	12/28 Sweet & Sour Chicken over Rice Oriental Mixed Vegetables, Dinner Roll, Milk, Brownie	12/29 Sheppard's Pie Beets Bread Milk Bread Pudding/Topping	12/30 Cook's Choice 

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM FOR THE ELDERLY
 Food & Friendship Centers Located in Brasher, Canton, DeKalb, Edwards, Morristown, Ogdensburg, Potsdam and Star Lk.
 Suggested Donation: \$3.00 (age 60 +) Guest Fee \$5.00 (Under 60)
 MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE.
 For more information contact DIANA McCORMICK (386-4730)

ST. LAWRENCE COUNTY OFFICE FOR THE AGING DECEMBER 2011 NUTRITION UPDATE

WEATHER RELATED CLOSINGS

Winter weather is here! The St. Lawrence County Office for the Aging Food and Friendship Centers and/or Home Delivered Meal routes may need to be shut down or canceled as a result of poor weather conditions. Closings are made on the basis of recommendations by the County Sheriff's Office and Highway Department. Driving conditions may force the cancellation of meal delivery in one area and not another. If you are presently receiving Home Delivered Meals we will provide you with a frozen emergency meal to be used on a day we are unable to deliver.

ALL WEATHER-RELATED CLOSINGS WILL BE ANNOUNCED ON THE FOLLOWING RADIO STATIONS: WNCQ FM.WCIZ (102.9FM/98.7FM), WPDM (1470AM/99.FM), NORTH COUNTRY PUBLIC RADIO: WMSA (1340AM), WYBG (1050AM), YESFM (96.7FM), ALSO CHANNEL 7 TV.

If you have any questions, please call the Office for the Aging Nutrition Program at 315-386-4730.

FROM OUR RECIPE CORNER...STUFFED ACORN SQUASH

2 acorn squash	2 teaspoons margarine
1 cup applesauce	cinnamon
2 teaspoons brown sugar	4 teaspoons dry sherry, if desired

Cut each squash in half lengthwise. Place halves, cut side down, in a shallow baking pan. Cover bottom of pan with water. Bake squash at 400 degree for 50 to 60 minutes, or until tender. Turn squash over. Fill each cavity with applesauce and brown sugar, dot with margarine and sprinkle with cinnamon and sherry, 1 teaspoon to each cavity. Continue baking for 15 to 20 minutes.

WINTER SQUASH

Winter squash is so good for you. It is one of the best sources of beta carotene (which your body turns into vitamin A), providing 145% of your recommended daily allowance per 1 cup serving. The more orange the flesh, the higher the beta carotene content of the squash. It is also very high in complex carbohydrates, dietary fiber, vitamin C, potassium, niacin, folate, and iron. Winter squash is good for men's prostate health, preventing emphysema, and has also been shown to have cancer fighting properties, especially for colon and lung cancers.

To cook most squash, cut in half length wise with a large knife. Scoop out seeds & place squash halves cut side down, brushed with oil, in a shallow pan. Bake at 350 degrees for ½ to 1 hour, depending on the size and variety of the squash. When squash is tender, remove from oven. Serve immediately or let cool and scoop out flesh to use in recipes.



MERRY CHRISTMAS FROM ALL OF US AT OFFICE FOR THE AGING