





January 2012

Mon		Tue		Wed		Thu		Fri	
2	Happy New Year! 	3	Stuffed Shells Italian Mixed Vegetables Italian Bread Ice Cream Milk	4	Beef Cubes & Gravy over Rice, Broccoli Dinner Roll Fruited Jell-O with Topping Milk	5	Turkey/Stuffing Casserole with Gravy Mashed Potatoes Green/Yellow Beans Dinner Roll Assorted Pies Milk	6	Beans and Franks Cauliflower Dinner Roll Cookie Bar Milk
9	Meatball Subs Mixed Vegetables Fruit Salad, Chips Milk	10	Macaroni and Cheese Stewed Tomatoes Dinner Roll Pudding Parfait Milk	11	Shake & Bake Chicken Chuck Wagon Corn Creamy Potatoes Applesauce, Milk	12	Boiled Dinner with Cabbage, Carrots, & Potatoes, Dinner Roll Ambrosia Milk	13	Cook's Choice 
16	Martin Luther King Day! 	17	Fish Sandwich Creamy Rice, Green Beans Cream Pie Milk	18	Chicken Tenders with Dipping Sauce Tator Tots, Carrots Fruited Yogurt, Milk	19	Sloppy Jo's Parslied Potatoes Brussell Sprouts Frosted Cake, Milk	20	Creamed Chip Beef over Biscuits Broccoli, Assorted Dessert, Milk
23	Roast Pork Mashed Potatoes & Gravy Spinach, Dinner Roll Fruit Salad, Milk	24	Chicken Pot Pie Escalloped Apples Assorted Dessert Milk	25	Cheese Burgers Peas, Pickles Potato Chips Fruited Jell-O with Topping, Milk	26	Cheese Ravioli Italian Mixed Vegetables Italian Bread Ice Cream Milk	27	Cook's Choice 
30	Herb Chicken Winter Mixed Vegetables Noodles, Dinner Roll Assorted Fruit Milk	31	Cabbage Roll Casserole Italian Bread Broccoli Warm Fruit Crisp Milk	2/1	Seasoned Baked Fish Rice Pilaf Green Beans Muffin Pie Milk	2/2	BBQ Pork on Bun Coleslaw Baked Beans No Bake Cookie Milk	2/3	Turkey loaf w/ Gravy Mashed Potatoes with Gravy Peas/Carrots Dinner Roll Assorted Dessert, Milk

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 Lake
 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)