





# July 2011

Mon	Tue	Wed	Thu	Fri
<p>4 <b>HAPPY 4<sup>TH</sup> OF JULY!!!</b></p> 	<p>5 <b>Chicken and Biscuits</b> <b>California</b> <b>Mixed Vegetables</b> <b>MB</b> <b>Fruit</b></p>	<p>6 <b>Spanish Rice</b> <b>Corn</b> <b>MBB</b> <b>Pudding Parfait</b></p>	<p>7 <b>Fish Filet and Cheese</b> <b>on a Bun</b> <b>Hash Browns</b> <b>Mixed Vegetables</b> <b>MB, Frosted Cake</b></p>	<p>8 <b>SENIOR PICNIC</b></p> 
<p>11 <b>Hawaiian Baked Ham</b> <b>Scalloped Potatoes</b> <b>Green Beans, Dinner Roll</b> <b>MB, Fruit</b></p>	<p>12 <b>Meat Salad Cold Plate</b> <b>Pasta Salad, Pickled Beets,</b> <b>Roll, MB</b> <b>Fruited Yogurt</b></p>	<p>13 <b>Cook's Choice</b></p> 	<p>14 <b>Roast Beef with</b> <b>Gravy</b> <b>Mashed Potatoes &amp;</b> <b>Gravy</b> <b>Spinach, MB, Fruit Crisp</b></p>	<p>15 <b>Cheeseburger</b> <b>Broccoli</b> <b>Tator Tots</b> <b>MB</b> <b>Assorted Dessert</b></p>
<p>18 <b>Sweet and Sour Pork</b> <b>over Rice</b> <b>Oriental Vegetables</b> <b>MBB, Fruit Salad</b></p>	<p>19 <b>Taco Pie</b> <b>Chuck Wagon Corn, MBB</b> <b>Fruited Jell-O with Topping</b></p>	<p>20 <b>Roast Turkey/Gravy</b> <b>Mashed Potatoes/Gravy</b> <b>Stuffing, Peas/Carrots</b> <b>Dinner Roll, MB</b> <b>Fruit Pie</b></p>	<p>21 <b>Ravioli</b> <b>Italian Mixed Vegetables</b> <b>Italian Bread, MB</b> <b>Melon</b></p>	<p>22 <b>Savory Baked Fish</b> <b>Creamy Rice</b> <b>Stewed Tomatoes, MBB</b> <b>Assorted Dessert</b></p>
<p>25 <b>Sausage/Peppers/Onions</b> <b>and Mushrooms on a Roll</b> <b>Home fries, Buttered Carrots</b> <b>MB, Cookie</b></p>	<p>26 <b>Meat and Cheese Subs</b> <b>With Lettuce, Tomato, Onion</b> <b>Potato Salad, Milk</b> <b>Fruit</b></p>	<p>27 <b>Cook's Choice</b></p> 	<p>28 <b>Chicken Pot Pie</b> <b>Harvard Beets, MBB</b> <b>Fruited Dump Cake</b></p>	<p>29 <b>Julienne Salad/</b> <b>Dressing</b> <b>Dinner Roll, MB</b> <b>Assorted Dessert</b></p>

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)

