




November 2011

Mon	Tue	Wed	Thu	Fri
10/31 Spooky Sloppy Jo's Tator Tots Broccoli MB Fruit	11/1 Sausage/Egg/Cheese Casserole Escaloped Apples Hash Browns, MB Fruited Jell-O/Topping	11/2 Savory Chicken Sweet Potatoes Green/Yellow Beans Dinner Roll, MB Pudding/Topping	11/3 Tuna/Pea & Noodle Casserole Beets MBB Assorted Dessert	11/4 Cook's Choice 
11/7 Goulash California Vegetables Dinner Roll MB Ice Cream	11/8 <u>Election Day!!</u> County Offices and Food & Friendship Centers Closed	11/9 Breaded Chicken/Cheese Sandwich Creamy Potatoes Brussel Sprouts, MB Fruit	11/10 Meatball Subs Chips Cauliflowe, MB Cheesecake with Fruit Topping	11/11 Veteran's Day!! County Offices and Food & Friendship Centers Closed
11/14 BBQ Chicken Mashed Potatoes/Gravy Beets MB Warm Fruit Crisp	11/15 Cream Chipped Beef over Biscuit Stewed Tomatoes MB, Fruit	11/16 Baked Ham Augratin Potatoes Squash, MB Dinner Roll Assorted Dessert	11/17 Spaghetti & Meat Sauce Italian Mixed Vegetables MBB, Fruit Cobbler with Topping	11/18 Cook's Choice 
11/21 Frankfurter on a Bun Macaroni and Cheese Green Beans MB Fruit	11/22 Beef and Vegetable Pot Pie Cauliflower MB Fruited Yogurt	11/23 Turkey/Gravy Stuffing, Mashed Potatoes, Cranberry Sauce, Peas/Carrots Dinner Roll, MB Assorted Pie	11/24 Thanksgiving Day! County Offices and Food & Friendship Centers Closed	11/25 County Offices and Food & Friendship Centers Closed
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 

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)