


SEPTEMBER 2011

Mon	Tue	Wed	Thu	Fri
			9/1 Spaghetti w/ Meat Sauce Italian Mixed Vegetables, MBB Pudding Parfait	9/2 Savory Baked Fish Creamy Rice Green/Yellow Beans MBB, Assorted Dessert
5 LABOR DAY!! 	6 Chicken Tenders with assorted Sauce Spinach Macaroni and Cheese MBB, Fruit	7 Spaghetti with Meat Sauce, Italian Mixed Vegetables, MB, Assorted Pudding with Topping	8 Meat and Cheese Subs Lettuce/Tomato Potato Salad Milk Melon	9 Savory Pork Mashed Potatoes/Gravy Broccoli MBB Assorted Dessert
12 French Toast with Sausage, Syrup Warm Fruit Compote Juice MB Fruited Yogurt	13 Meat Loaf Mashed Potatoes and Gravy Buttered Carrots MBB Fruited Jell-O with Topping	14 Tuna and Egg Salad Cold Plate, Macaroni Salad, Pickle Beets, MBB Fruited Dump Cake	15 Cook's Choice 	16 Cheeseburger Tator Tots Brussel Sprouts MB Assorted Dessert
19 Chicken and Biscuits Harvard Beets MB Cookie	20 BBQ Beef on a Bun Coleslaw Peas Fruit Crisp with Topping	21 Turkey Dinner Mashed Potatoes with Gravy, Stuffing, Green Beans, Cranberry Sauce, Dinner Roll, MB, Pumpkin Pudding	22 Savory Baked Fish Cheese Potatoes Zucchini and Tomatoes MBB Oatmeal Pie	23 Pizza Italian Mixed Vegetables Warm Cinnamon Applesauce MB Assorted Dessert
26 Sweet & Sour Pork over Rice, Oriental Vegetables MBB, Assorted Pudding with Topping	27 Slice Meat and Cheese Plate, Broccoli Salad, Roll, MB, Fruit Fluff	28 Chicken Pot Pie Yellow Squash MB Fruit Crumble	29 Cook's Choice 	30 Turkey Tetrazzini over Noodles Stewed Tomatoes MBB, Assorted Dessert

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.