

Nutrition Program

Home Delivered Meals / Dine in Sites

561-8320

45 Veterans Lane

Plattsburgh, NY 12901

Please Call Site for

Reservations

Plattsburgh

561-7393

Beekman Towers

561-5360

Ellenburg

594-7311

Dannemora

310-9089

Lakeview

561-8696

Peru

643-2829

Rouses Point

297-7361

Clinton County Senior Nutrition Program

Sponsored by

Senior Citizens Council of Clinton County, Inc.

Funded by Clinton County Office for the Aging

and New York State Office for the Aging

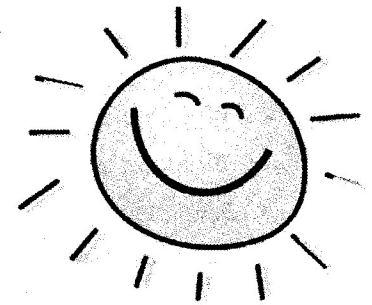
This Menu is approved by a

Registered Dietitian

Menu Subject To Change

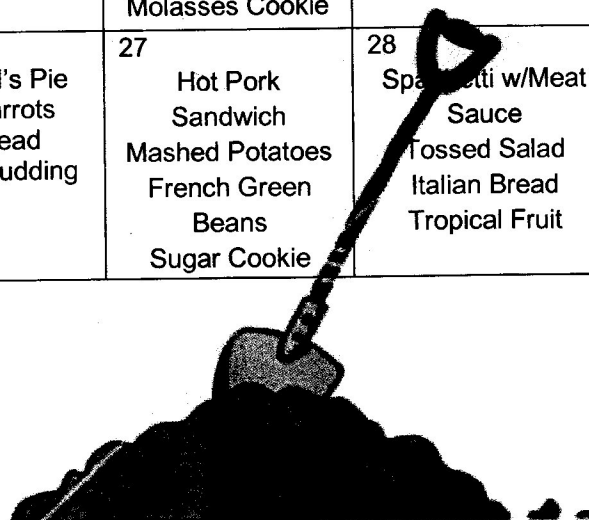
★ Watch for New Items

APRIL 2016



FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Herbed Pork Chop Whole Potatoes California Vegetables Wheat Bread Pineapple Tidbits	5 Chicken & Biscuit Mashed Potatoes Peas Blueberry Crisp	6 Turkey & Swiss on Rye Lettuce & Tomato Macaroni Salad Oatmeal Raisin Cookie	7 Roast Beef w/Gravy Baked Potato Diced Carrots Strawberry Mousse	1 Scalloped Potatoes w/Ham Mixed Vegetables Rye Bread Fresh Fruit
11 Chili Rice Corn Dinner Roll Pears	12 Baked Ham w/Raisin Sauce Sweet Potatoes Garden Vegetables Brownie	13 Beef Tips Wide Noodles Brussel Sprouts Oat Bread Butterscotch Pudding	14 Roast Chicken Mashed Potatoes Capri Vegetables Birthday Cake	8 Lemon Pepper Cod Oven Browned Potatoes Beets Wheat Dinner Roll Fresh Fruit
18 Hawaiian Pork Chop Brown Rice Broccoli Dinner Roll Fruit Cocktail	19 Beef Stew Biscuit Wax Beans Banana Cake	20 BBQ Chicken Breast Red Potatoes Peas & Onions Molasses Cookie	21 Michigan on Bun Roasted Potatoes Green Beans Fruited Jello	15 Stuffed Shells Italian Vegetables Sour Dough Bread Fresh Fruit
25 Breaded Chicken Oven Roasted Potatoes Spinach Mandarin Oranges	26 Shepherd's Pie Baby Carrots Rye Bread Tapioca Pudding	27 Hot Pork Sandwich Mashed Potatoes French Green Beans Sugar Cookie	28 Spaghetti w/Meat Sauce Tossed Salad Italian Bread Tropical Fruit	22 Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit
				29 Batter Dipped Cod Wild Rice Rutabaga Wheat Dinner Roll Fresh Fruit



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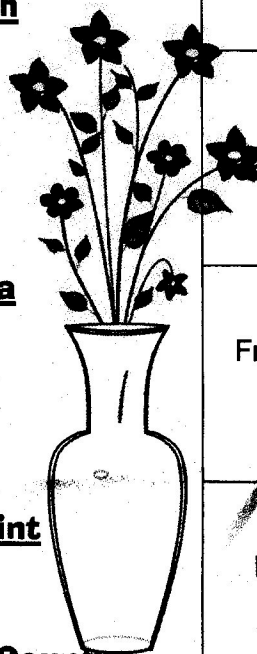
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Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Swiss Steak Red Potatoes California Vegetables Peaches</div>	<div>3</div> <div>Herbed Chicken Breast Rice Beets Lemon Mousse</div>	<div>4</div> <div>Tuna Salad Sandwich Pasta Salad Lettuce & Tomato Brownie</div>	<div>5</div> <div>Meatloaf w/Gravy Mashed Potatoes Broccoli Molasses Cookie</div>	<div>6</div> <div>BBQ Pork Sweet Potatoes Coleslaw Fresh Fruit</div>
<div>9</div> <div>Goulash French Green Beans Dinner Roll Pineapple Tidbits</div>	<div>10</div> <div>Pork Chop Rice Pilaf Sliced Carrots Butterscotch Pudding</div>	<div>11</div> <div><i>The Lighter Side Soup & Salad Bar Peanut Butter Cookie</i></div>	<div>12</div> <div>Scalloped Potatoes & Ham Peas & Pearl Onions Birthday Cake</div>	<div>13</div> <div>Breaded Cod on Bun Mashed Potatoes Spring Vegetables Sour Dough Bread Fresh Fruit</div>
<div>16</div> <div>Spanish Rice Mixed Vegetables Wheat Bread Pears</div>	<div>17</div> <div>Roast Chicken Tri Colored Pasta Brussel Sprouts Chocolate Mousse</div>	<div>18</div> <div>Baked Ham w/Raisin Sauce Brown Rice Green Beans Tapioca Pudding</div>	<div>19</div> <div>Michigan on Bun Roasted Potatoes Baby Carrots Fruited Jello</div>	<div>20</div> <div>Manicotti Italian Vegetables Sour Dough Bread Fresh Fruit</div>
<div>23</div> <div>Shepherd's Pie Capri Vegetables White Bread Fruit Cocktail</div>	<div>24</div> <div>BBQ Chicken Breast Baked Potato Spinach Carrot Cake</div>	<div>25</div> <div><i>The Lighter Side Soup & Salad Bar Tropical Fruit Cup</i></div>	<div>26</div> <div>Hawaiian Pork Chop Mashed Potatoes Peas & Carrots Dinner Roll Oatmeal Raisin Cookie</div>	<div>27</div> <div>Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit</div>
<div>30</div> <div>memorial ★ DAY Sites Closed</div>	<div>31</div> <div>Hamburger on Bun Lettuce, Tomato & Onion Oven Browned Potatoes Wax Beans Mandarin Oranges</div>			

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