

Eat Well...Stay Well Dining

May Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Corn Chowder with Crackers Fish Sandwich with Leaf Lettuce and Tomato Slice Tartar Sauce Hamburg Roll Bavarian Fruit Pudding	2) Baked Italian Shells with Tomato Sauce Parmesan Cheese Spinach Salad with Creamy Italian Dressing Italian Bread Banana	3) Breaded Chicken Drumsticks Ranch Mashed Potato Carrots Rye Bread Seedless Grapes	4) Summer Cold Plate LS Deli Ham Swiss Cheese Italian Pasta Salad with Garbanzos Leaf Lettuce Mayo Mustard 100 % Whole Wheat bread Frozen Fruit Dessert
7) Large Julienne Salad with Fajita Chicken Garbanzo Beans Cheddar Cheese Tomato, Onions, Carrots Salad Dressings Bran Muffin Fresh Orange	8) Open-Faced Roast Beef Sandwich with Onion Gravy Horseradish Mashed Potatoes Garden Peas White Bread Chilled Pears with Prunes	9) <i>Mother's Day Special</i> Baked Chicken Breast/Paprika Rice Pilaf Green Bean Casserole Whole Wheat Dinner Roll Peanut Butter Delight	10) Macaroni and Cheese with Ham Italian Style Zucchini and Tomatoes/Croutons Pumpnickel Bread Chocolate Pudding/Topping	11) Beef Stroganoff/Mushrooms over Linguine Buttered Beets Italian Bread Chilled Peaches
14) Vegetable Lasagna Romaine Chef Salad with radishes & cucumber slices Creamy Ital. Salad Dressing Dinner Roll Chilled Apricots	15) Cheeseburger Supreme on Bun American Cheese Condiments Red Onion Lettuce Tomato Slice Broccoli Homemade Baked Beans Mandarin Orange Gelatin/Tppg	16) Sliced Turkey Breast in Gravy Mashed Potatoes Baked Butternut Squash Whole Grain Bread Cranberry Sauce Chilled Pineapple	17) Homemade Meatloaf with Onion Gravy Whipped Potatoes Spring Mix Vegetables Rye Bread Lemon Cheese Bar	18) Hidden Chicken with Barley Savory Stuffing Brussels Sprouts Cracked Wheat Bread Fresh Cantaloupe
21) Cream of Broccoli Soup with Crackers Grilled Chicken Patty on a Hamburg Roll with Lettuce and Tomato Slice Mayo Oatmeal Raisin Cookie	22) Stuffed Pepper with Tomato Sauce Cheddar Mashed Potatoes Sweet Corn Italian Bread Butterscotch Pudding/Tppg	23) Hot Roast Beef on Bun with Onion Gravy Potato Wedges/Ketchup Mixed Vegetables Whole Wheat Dinner Roll Banana	24) Summer Cold Plate Sliced Turkey Breast Sliced Cheese Lettuce Pickle Homemade Macaroni Salad 12-Grain Bread Mayo Mustard Red Fruited Gelatin Salad Chilled Pineapple	25) Country Fried Fish Tartar Sauce Scalloped Potatoes Creamy Coleslaw Dinner Roll Fresh Local Apple
28) Memorial Day No Meals Today 	29) Italian Sausage on Bun Peppers and onions Macaroni & Cheese Hot Dog Roll Carrots Mixed Fruit with Mandarin Oranges	30) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce	31) Julienne Salad with Diced Ham Cheddar Cheese Dark Green Lettuce/Spinach/Green Peppers, Radishes, Sld Drsg Homemade Muffin Peanut Butter Cookie	Nearly 1 in 5 New Yorkers struggle to feed themselves or their families Source: Food Research Action Center 2010

All Meals are served with bread, skim milk or 2%, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **438-4020** for more information. Suggested Contribution for meals is \$3.00. Menus are subject to change without notice. Serving the population age 60 and older. A Niagara County Office for the Aging Program. Approved by Glenda R. Reardon Glenda Reardon, RD, CDN