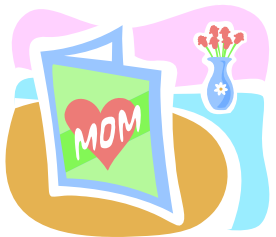



Eat Well...Stay Well Dining

May Menu for Home Delivered Meals

Call 438-4031
or 438-4032 to
cancel meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Fish Sandwich with Leaf Lettuce and Tomato Slice (in cold cup) Tartar Sauce Tender Sweet Corn Hash Browns Hamburg Roll Bavarian Fruit Pudding	2) Baked Italian Shells with Tomato Sauce Parmesan Cheese Green Beans Spinach Salad with Creamy Italian Dressing Warm Dinner roll Banana	3) Breaded Chicken Drumsticks Ranch Mashed Potato Carrots Rye Bread Seedless Grapes	4) <u>Summer Cold Plate</u> 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) Roast Beef with Onion Gravy 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 Warm Muffin Chocolate Pudding/Topping	11) Beef Stroganoff over Linguine/Mushrooms Buttered Beets Italian Bread Chilled Peaches
14) Vegetable Lasagna Romaine Chef Salad with Radishes & Cucumber slices Country Blend Veg. Creamy Ital. Salad Dressing Warm Dinner Roll Chilled Apricots	15) Cheeseburger Supreme on Bun American Cheese Condiments Red Onion Lettuce Tomato Slice Fresh 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) Grilled Chicken Patty on a Hamburg Roll with Lettuce and Tomato Slice in cup Mayonnaise Baked Potato Prince Edward Vegetables 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) <u>Summer Cold Plate</u> 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 Warm 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	Happy Mother's Day-Sunday, May 13th!

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