





| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>2) Salisbury Steak w/ Gravy AuGratin Potatoes California Blend Vegetables Dinner Roll Oatmeal Cookie (1 each) and White Chocolate Macadamia Nut Cookie (1 ea)</p> | <p>3) Grilled Chicken Breast on a Wheat Roll Hearty Vegetable Soup Tri-color Seasoned Pasta Chilled Pears (mayo pc)</p> | <p>4) Beef Stroganoff served over Linguine Mixed Vegetables Wheat Dinner Roll Heavenly Hash</p> | <p>5) Vegetable Lasagna Spinach Italian Bread Chilled Peaches</p> | <p>6) Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables Cornbread Fruited Gelatin(WhipTopping)</p> |
| <p>9) Turkey and Cheese Sub (with Lettuce and Tomato) on a Small Hoagie Roll Minestrone Soup Potato Salad Chilled Peaches (Mayonnaise/Mustard pc)</p> | <p>10) Center Cut Pork Chop Ranch Mashed Potatoes Peas Wheat Bread Applesauce</p> | <p>11) Macaroni and Cheese Stewed Tomatoes Wheat Bread Chilled Fruit Cocktail</p> | <p>12) Goulash Mixed Vegetables Dinner Roll Chocolate Chip Cookie (1 ea) and White Chocolate Macadamia Nut Cookie (1 ea) (parmesan pc)</p> | <p>13) Hot Sliced Roast Beef Sandwich with Gravy served on a Wheat Roll Salad Mix (1/2 cup) Romaine & mesclun, tom, cuke, onion) Mashed Potatoes Brownie (asst dress & horseradish)</p> |
| <p>16) Baked Chicken Leg Seasoned Confetti Rice Broccoli Cornbread Fruited Gelatin (with Whipped Topping)</p> | <p>17) Cheese Tortellini with Meat Sauce Capri Blend Vegetables Italian Bread Butterscotch Pudding (Parmesan pc)</p> | <p>18) Sliced Glazed Ham Scalloped Potatoes Peas White Bread Peach Polka Dot Dessert (Gelatin with peaches and cherries)</p> | <p>19) Italian Sausage Patty with Green Peppers & Onions on a Hamburger Roll Chicken Noodle Soup Corn Chilled Mandarin Oranges (Mayo pc)</p> | <p>20) <u>Volunteer Recognition Day</u> Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread Chilled Mixed Fruit Special Cookie Platter & Punch for Volunteer Appreciation Month!</p> |
| <p>23) Ground Beef and Mushroom Casserole Biscuit (part of casserole) Rice Florentine California Blend Vegetables Deluxe Fruit Salad</p> | <p>24) Stuffed Pepper with Meat Sauce Mashed Potatoes Broccoli Wheat Roll Mandarin Orange Delight</p> | <p>25) Grilled Chicken Breast on a Hamburger Roll Broccoli Cheese Soup Mixed Vegetables Hawaiian Delight Cake (mayo pc)</p> | <p>26) Beef Stew Spinach Biscuit Chilled Peaches</p> | <p>27) Roast Pork Au Jus Scalloped Potatoes Carrot Coins Wheat Bread Baked Apple Crisp</p> |
| <p>30) Spaghetti & Meatballs Chef Salad (romaine, cabbage, carrots, tomatoes, cucumbers) Italian Bread Chilled Fruit Cup (Italian Salad Dressing pc and Parmesan pc)</p> |  |  |  |  |

All Meals are served with bread, butter, 1% chocolate milk, 1% or 2% milk, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **438-4031** for more information. **Suggested Contribution for meals is \$3.25.** Menus are subject to change without notice. A Niagara County Office for the Aging Program serving the population age 60 and older. Menus approved by Lisa G. Smith, RD, CDN.