


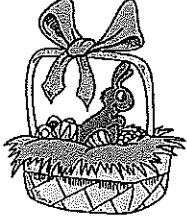



Eat Well...Stay Well Dining

April 2017 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
		 Welcome Spring!		
3) Turkey Burger with Cheese (3 oz) Whole Wheat Hamburger Bun Chilled Pasta salad Green Beans Fresh Fruit - Apple (Ketchup/Mustard/Relish pc)	4) Pizza Casserole Mixed Salad (½ cup -Romaine, Cabbage, Tomato, Carrots, Cucumbers) California Blend Vegetables Deluxe Fruit Salad (Salad Dressing pc)	5) BBQ Chicken Leg Hash Brown Patty Broccoli Cornbread Snickerdoodle Cookies (2)	6) Cheese Tortellini with Meat Sauce (4oz tortellini 3 oz sauce) Capri Blend Vegetables Italian Bread Butterscotch Pudding (Parmesan Cheese pc)	7) Country Fried Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Chilled Pear Cup (Tartar Sauce pc)
10) Roast Pork with Au Jus Scalloped Potatoes Carrot Coins Dinner Roll Apple Oatmeal Bar	11) Grilled Chicken Breast with Lettuce & Tomato on a Whole Wheat Hamburger Bun Minestrone Soup Lima Beans Chocolate Chip Cookies (2) (Mayonnaise pc)	12) Beef Stew (½ cup vegetables in stew - potatoes, carrots, celery, onion) Spinach Warm Biscuit Chilled Peaches	13) <u>Easter Meal</u> Sliced Glazed Ham Whipped Sweet Potatoes Green Bean Casserole Whole Wheat Dinner Roll Coconut Cake with Rainbow Sprinkles	14) Good Friday Holiday! Office Closed No Meals Served
17) Macaroni & Cheese Broccoli Stewed Tomatoes Wheat Bread Chilled Fruit Cup	18) Stuffed Cabbage Roll (1 each) with 2 oz. Meat Sauce Mashed Potatoes French Style Green Beans Dinner Roll Fruited Gelatin	19) <u>Olcott Celebration Meal</u> Meatloaf with Gravy Mashed Potatoes Corn Whole Wheat Dinner Roll Chocolate Pudding with Whipped Topping	20) Spaghetti and Meatballs Chef Salad Mix (1 cup Romaine, Cabbage, Carrots, Tomato, Cucumbers) Italian Bread Fresh Orange (Asst Dressings, Parmesan pc)	21) Breaded Chicken Drumsticks (2) Baked Beans Scandinavian Vegetables Wheat Roll Hello Dolly Bar
24) Chili Con Carne with 1 pkg Crackers Seasoned Rice Peas Cornbread Oatmeal Raisin Cookies (2)	25) Cheese Manicotti with Tomato Sauce (Meatless sauce) Spinach Italian Bread Fruit Cocktail (Parmesan pc)	26) <u>Wheatfield Celebration Meal</u> Breaded Pork Chop topped with ¼ cup Sauerkraut Chef Salad (Romaine, Tomato, Cucumbers and Croutons) Baked Potato Half Strawberry Fluff (Sour Cream & Salad Dressing pc)	27) <u>Rapids Celebration Meal</u> Cheeseburger Supreme (L, T, Onion, pickles) Hamburger Roll Chilled Macaroni Salad Broccoli Fruited Gelatin with Whipped Topping (Ketchup/Mustard/Relish pc)	28) Sliced Turkey with Gravy Stuffing Sliced Carrots Warm Biscuit Orange Dream Cake

All Meals are served with bread, 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. Serving the population age 60 and older. A Niagara County Office for the Aging Program. Menus approved by Lisa G. Smith, RD, CDN