



Eat Well...Stay Well Dining

August 2017 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Breakfast Casserole with Turkey Sausage Steamed Seasoned Rice Broccoli Blueberry Muffin Mandarin Orange Delight	2) <u>Celebration Meal!</u> St. John's AME Church Chicken Drumsticks (2 each) Macaroni and Cheese Prince Edward Vegetables Cornbread Fresh Fruit – Watermelon cubes	3) Steak Salad served with Romaine & Salad mix, carrot shreds, cucumbers, red onion & feta cheese Pea and Pasta Salad Dinner Roll Brownie (Bleu Cheese Salad Dressing pc)	4) Turkey and Cheese Sub Potato Salad Garden Ranch Green Beans Small Hoagie Roll Rice Pudding Mayonnaise/Mustard pc
7) BBQ Chicken Potato Salad Carrots Cornbread Banana Pudding	8) Turkey Burger with Cheese Wheat Hamburger Roll Potatoes Anna Green Beans Fresh Fruit – Cantaloupe (Ketchup/Mustard/Relish pc)	9) Ham and Pasta Primavera Rotini Pasta Peas Dinner Roll Peach Polka Dot Dessert (Parmesan Cheese pc)	10) <u>Celebration Meal! Summit, Ransomville & Town of Niagara</u> Breaded Pork Chops with ¼ cup Sauerkraut Whipped Sweet Potatoes Broccoli & Whole Wheat Bread Heavenly Hash Dessert	11) Spaghetti and Meatballs with Tomato Sauce Chef Salad with Dressing California Blend Vegetables Dinner Roll Fruit Cocktail (Parmesan pc)
14) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion and Pickle Chips) Hot Seasoned Rice (with Broccoli & Cauliflower) Cold Cucumber Pepper Salad Hamburger Roll Deluxe Fruit Salad (Ketchup/Mustard pc)	15) Beef Taco Salad (served with one cup Iceberg and Romaine Lettuce, Tomatoes, Tortilla Chips and Shredded Cheddar Cheese) Seasoned Rice Cold Three Bean Salad Chocolate Chip Cookies (Sour Cream pc)	16) Herbed Turkey Fricassee (Pulled White Meat Turkey and Gravy served over Biscuit) Mashed Potatoes Carrots Biscuit Chocolate Pudding with Whipped Topping	17) Grilled Boneless Chicken Breast served on a Hamburger Bun Italian Pasta Salad Zucchini and Tomatoes Hawaiian Delight Cake (Mayonnaise pc)	18) Broccoli Cheese Strata Hash Brown Patty Cauliflower with parsley Wheat Bread Fresh Fruit - Grapes
21) Sweet and Sour Pork Served over Seasoned Rice Country Blend Vegetables (sliced carrots, corn, peas, lima beans) Chinese noodles Dinner Roll Fresh Fruit - Nectarine	22) Mild Italian Sausage Patty with Peppers and Onions Parsley Buttered Rotini Pasta Corn Hamburger roll Chilled Pears (Mustard/Ketchup pc)	23) Cheese Manicotti with Tomato Sauce & Parmesan Cheese Spinach Italian Bread Fruited Gelatin with Whipped Topping (Parmesan Cheese pc)	24) Mushroom Swiss Burger Macaroni Salad Broccoli Hamburger Roll Tapioca Pudding with Whipped Topping (Mustard/Ketchup pc)	25) Greek Chicken Salad (one cup total: tossed salad with romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta crumbles) Greek Potatoes ½ Whole Wheat Pita Yellow Cake with Choc Frosting (Assorted Salad Dressing)
28) Veal Parmesan (Mozzarella Cheese & Tomato Sauce) Parsley Buttered Rotini Pasta Tossed Salad Italian Bread Heavenly Hash Dessert (Parmesan Cheese & Salad Dressing)	29) Julienne Salad with Diced Turkey (one cup total: romaine & salad mix, shredded carrots , tomatoes, garbanzos, shred cheese) Zesty rice Blueberry Muffin Orange Dream Cake (French Salad Dressing)	30) <u>End of Summer Picnic!</u> Hot Dog or Hamburger (mustard, ketchup, relish, onion, lettuce & tomato) Macaroni or Potato Salad Baked Beans Hamburger or Hot Dog Roll Watermelon & Frosted Brownie Lemonade	31) Baked Ham Whipped Sweet Potatoes Peas Cornbread Fresh Fruit - Peach	

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. A Niagara County Office for the Aging Program serving the