




## Eat Well...Stay Well Dining

### January 2018 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1) New Year's Holiday!</b> No Meals Served</p> 	<p><b>2) Chili Con Carne</b> (with 1 package Unsalted Crackers) Rice Green Beans Corn Bread Chilled Fruit Cocktail</p>	<p><b>3) Sliced Turkey with Gravy</b> Stuffing Carrots Biscuit Orange Dream Cake</p>	<p><b>4) Center Cut Pork Chop</b> Ranch Mashed Potatoes Peas Wheat Bread Applesauce</p>	<p><b>5) Cheeseburger Supreme</b> (Swiss Cheese, Tomato, Lettuce, Red Onion and Pickle Chips) - Hamburger Roll Potato Wedges Brussels Sprouts S'more Pudding Parfait (Ketchup/Mustard/Relish pc)</p>
<p><b>8) Vegetable Lasagna</b> Spinach Italian Bread Chilled Peaches</p>	<p><b>9) Breaded Chicken Drumsticks</b> Baked Beans Scandinavian Vegetables Fresh Fruit</p>	<p><b>10) Salisbury Steak with Gravy</b> Au Gratin Potatoes California Blend Vegetables Dinner Roll Carnival Cookies</p>	<p><b>11) Grilled Chicken Breast on a Wheat Bun</b> <u>Hearty Vegetable Soup</u> Tri-color pasta salad Chilled Pears (mayo pc)</p>	<p><b>12) Beef Stroganoff</b> Mixed Vegetables Wheat Dinner Roll Heavenly Hash</p>
<p><b>15) Martin Luther King, Jr. Holiday!</b> No Meals Served</p>	<p><b>16) Goulash</b> Baby Carrots Wheat Bread Chocolate Chip Cookies (Parmesan pc)</p>	<p><b>17) Chicken Fingers</b> Potatoes O'Brien Brussels Sprouts Dinner Roll Rice Pudding (BBQ Sauce/Ranch Dressing pc)</p>	<p><b>18) Hot Roast Beef Sandwich on Wheat Bun with Gravy</b> Salad Mix (romaine &amp; mesclun with tomato, cucumber, onion, Salad Dressing) Mashed Potatoes Brownie (Salad Dressing / Horseradish pc)</p>	<p><b>19) Turkey and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll</b> <u>Minestrone Soup</u> Potato Salad Fresh Fruit (Mayonnaise/Mustard pc)</p>
<p><b>22) Meatloaf with Gravy</b> Mashed Potatoes Carrots Wheat Bread Chilled Mixed Fruit (Ketchup pc)</p>	<p><b>23) Sliced Glazed Ham</b> Scalloped Potatoes Peas Dinner Roll Peach Polka Dot Dessert</p>	<p><b>24) Hot Steak and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll</b> <u>Chef's Special Soup</u> Corn Chilled Mandarin Oranges (mayo pc)</p>	<p><b>25) Swedish Meatballs</b> Mashed Potatoes Capri Blend Vegetables Italian Bread Butterscotch Pudding</p>	<p><b>26) BBQ Chicken Leg</b> Seasoned Confetti Rice Broccoli Cornbread Fruited Gelatin</p>
<p><b>29) Chicken Breast on a Hamburger Bun</b> <u>Lentil Soup</u> Mixed Vegetables Deluxe Fruit Salad</p>	<p><b>30) Ground Beef and Mushroom Casserole</b> Rice Florentine California Blend Vegetables Hawaiian Delight Cake</p>	<p><b>31) Roast Pork Au jus</b> Scalloped Potatoes Carrot Coins Dinner Roll Applesauce</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.