

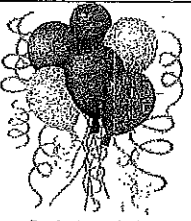


May 2017 Menu for Dining Sites – Celebrating Older Americans Month

Monday	Tuesday	Wednesday	Thursday	Friday
1) BBQ Pork Riblet Baked Beans Cauliflower Small Hoagie Roll Chilled Pears	2) Grilled Chicken Salad (served over Mesclun mix, tomatoes, onion, shredded cheddar cheese) Tri Color Pasta Salad Wheat Bread Strawberry Fluff (Salad Dressing pc)	3) Salisbury Steak with Gravy Au Gratin Potatoes California Blend Vegetables Dinner roll S'mores Pudding Parfait	4) Pizza Casserole Mixed Salad (Romaine, cabbage, tomato, carrots, cucumbers) Scandinavian Blend Vegetables Watermelon Cubes (Salad Dressing pc)	5) Vegetable Lasagna Spinach Italian bread Fresh Banana
8) Goulash Mixed Vegetables Wheat Bread Chocolate Chip Cookies (2) (Parmesan PC)	9) <u>Middleport Scout House Celebration!</u> Meatloaf with Gravy Mashed Potatoes Sliced Carrots Whole Wheat Dinner Roll Butterscotch Pudding with Whipped Topping	<u>Mother's Day Special Meal!</u> 10) Chicken Trazzini  Broccoli Garden Salad Romaine & Spring mix, tomatoes, cucumber, croutons & salad dressing Whole Wheat Dinner Roll Cheesecake with Cherries	11) Turkey & Cheese Sub with Lettuce and Tomato Potato Salad Garden Ranch Green Beans Small Hoagy Roll Fruited Gelatin (Mayo/mustard pc)	12) Steak Salad served with Romaine & Salad mix, carrot shreds, cucumbers, red onion & feta cheese Pea and Pasta Salad Dinner Roll Fresh Grapes (Salad Dressing)
15) Breakfast Casserole Steamed Rice Broccoli Blueberry Muffin Mandarin Orange Delight	16) Sweet & Sour Pork served over Seasoned Rice and Topped with Chinese Noodles Cauliflower Whole Wheat Dinner Roll Fresh Cantaloupe	17) Ham & Pasta Primavera (with Rotini Pasta) Peas Dinner Roll Peach Polka Dot Dessert (Parmesan Cheese pc)	18) BBQ Chicken Leg Potato Salad Corn Cornbread Banana Pudding	19) Cheese Tortellini with Meat Sauce Summer Squash Italian Bread Snickerdoodle Cookies (2) (Parmesan pc)
22) Herbed Turkey Fricassee Bread Stuffing Green Beans & Mushrooms Dinner Roll Tapioca Pudding with Whipped Topping	23) Marinated Greek Chicken Strips (3) served over Salad (Romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese & salad dressing) Greek Potatoes ½ Whole Wheat Pita Yellow Cake w/ Chocolate Frosting	24) Broccoli Cheese Strata Hash-Brown Potato Patty Cauliflower Wheat Bread Watermelon Cubes	25) <u>Duke Center Celebration!</u> Breaded Pork Chops with ¼ cup Sauerkraut Whipped Sweet Potatoes Broccoli Whole Wheat Bread Heavenly Hash Dessert	26) <u>Wrobel Towers Celebration!</u> Cheeseburger Supreme (Cheese, Tomato, Lettuce, Red Onion, Pickle chips)... Wheat Hamburger Roll Baked Beans Prince Edward Vegetables Fruited Gelatin w/ Whip Topping (Ketchup/Mustard/Relish pc)
29) Memorial Day Holiday No Meals Served 	<u>Volunteer Appreciation Special!</u> 30) Mild Italian Sausage Patty with Peppers & Onions Hamburger Roll Parsley Buttered Rotini Pasta Zucchini Chilled Peaches and *Cookie Platter* (Mustard/Ketchup pc)	31) Mushroom Swiss Burger with Cheese Wheat Hamburger Roll Macaroni Salad French Style Green Beans Chocolate Pudding with Topping (Ketchup/Mustard pc)	Served for Volunteer Appreciation Day during Older American's Month: *Cookie Platter with Chocolate Chip, Oatmeal Raisin, Peanut Butter, and Carnival Cookies* Punch with Diet Lemon-Lime Soda and Fruit Juice Tea and Coffee	 Celebrate! Happy Older Americans Month!

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 population age 60 and older.

Menus approved by Lisa G. Smith. RD. CDN.