

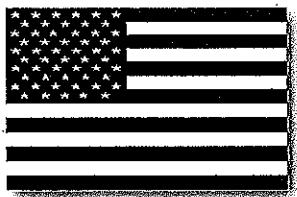


Eat Well...Stay Well Dining
February 2018 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Stuffed Pepper with Meat Sauce Steamed Rice Broccoli Wheat Roll Mandarin Orange Delight	2) Beef Stew Spinach Biscuit Chilled Peaches
5) Spaghetti & Meatballs Chef Salad (romaine, cabbage, carrots, tomatoes, cucumbers) Italian Bread Chilled Fruit Cup (Italian Salad Dressing pc and Parmesan pc)	6) Seasoned Baked Chicken Breast with Feta Crumbles ½ Whole Wheat Pita <u>Pepper Potato Soup</u> California Blend Vegetables Hello Dolly Bar (Feta Cheese Crumbles)	7) Stuffed Cabbage Roll with Meat Sauce Mashed Potatoes French Style Green Beans Dinner Roll Chocolate Peanut Butter Fluff	8) Sweet and Sour Chicken with Chinese Noodles as a Garnishment Seasoned Rice Mixed Vegetables Rye Bread Fruited Gelatin	9) Sliced Turkey with Gravy Stuffing Carrots Biscuit Orange Dream Cake
12) Chili Con Carne (with 1 package Unsalted Top Crackers) Rice Corn White Bread Chilled Fruit Cocktail	13) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion and Pickle Chips) - Hamburger Roll Potato Wedges Brussels Sprouts S'more Pudding Parfait (Ketchup/Mustard/Relish pc)	14) Ash Wednesday Cheese Manicotti Spinach Italian Bread Snicker Doodle Cookies (parmesan cheese pc)	15) Valentine's Special Meal: Baked Chicken Breast Pesto Pasta Vegetable Blend Mix Pumpernickel Bread Red Velvet Cake with Cream Cheese Frosting	16) Egg Frittata Steamed Rice Stewed Tomatoes Blueberry Muffin Chilled Mandarin Oranges
19) President's Day Holiday! No Meals Served	20) Center Cut Pork Chop Ranch Mashed Potatoes Peas Wheat Bread Applesauce	21) Grilled Chicken Breast on a Wheat Bun Hearty Vegetable Soup Tri-color pasta salad Fruited Gelatin (mayo pc)	22) Salisbury Steak & Gravy Au Gratin Potatoes California Blend Vegetables Dinner Roll Carnival Cookies	23) Vegetable Lasagna Spinach Italian Bread Chilled Pears (parmesan cheese pc)
26) Chicken Fingers Potatoes O'Brien Brussels Sprouts Dinner Roll Rice Pudding (BBQ Sauce/Ranch Dressing pc)	27) Goulash Mixed Vegetables Wheat Bread Chocolate Chip Cookies (Parmesan pc)	28) Hot Roast Beef Sandwich on Wheat Bun with Gravy Salad Mix with Dressing Mashed Potatoes Brownie (Salad Dressing/Horseradish pc)	March 1) Turkey and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll Minestrone Soup Potato Salad Fresh Fruit (Mayonnaise/Mustard pc)	March 2) Macaroni and Cheese Stewed Tomatoes Wheat Bread Chilled Fruit Cocktail

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.