




**Eat Well...Stay Well Dining March is National Nutrition Month**  
**March 2018 Menu for Dining Sites**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National Nutrition Month</b> 			<b>1) Turkey and Cheese Sub</b> with Lettuce and Tomato on a Small Hoagie Roll <b>Minestrone Soup</b> Potato Salad Fresh Fruit (Mayonnaise/Mustard pc)	<b>2) Macaroni and Cheese</b> Stewed Tomatoes Wheat Bread Chilled Fruit Cocktail
<b>5) Sliced Glazed Ham</b> Scalloped Potatoes Peas Dinner Roll Peach Polka Dot Dessert (Gelatin with peaches and cherries)	<b>6) Chicken Patty Sub with Lettuce &amp; Tomato on a Hamburger Roll</b> <b>Chef's Special Soup</b> Corn Chilled Mandarin Oranges (Mayo pc)	<b>7) Meatloaf with Gravy</b> Mashed Potatoes Carrots Rye Bread Chilled Mixed Fruit	<b>8) Baked Chicken Leg with Gravy</b> Seasoned Confetti Rice Broccoli Cornbread Fruited Gelatin	<b>9) Meatless Cheese Tortellini w/ Tomato Sauce</b> Capri Blend Vegetables Italian Bread Butterscotch Pudding (Parmesan pc)
<b>12) Stuffed Pepper with Meat Sauce</b> Mashed Potatoes Broccoli Wheat Roll Mandarin Orange Delight	<b>13) Roast Pork Au Jus</b> Scalloped Potatoes Carrot Coins Seedless Rye Bread Hawaiian Delight Cake	<b>14) Grilled Chicken Breast on a Hamburger Roll</b> <b>Lentil Brown Rice Soup</b> Mixed Vegetables Fresh Orange (mayo pc)	<b>15) Beef Stew</b> Spinach Biscuit Chilled Peaches	<b>16) <u>St. Patrick's Dessert</u> Breakfast Casserole</b> <small>no meat</small> Corn Prince Edward Blend Veg Blueberry Square Decorated Cookies
<b>19) Baked Chicken Breast with Feta Crumbles</b> <b>Potato Pepper Soup</b> Wheat Bread California Blend Vegetables Hello Dolly Bar	<b>20) Spaghetti &amp; Meatballs</b> Chef Salad (romaine, cabbage, carrots, tomatoes, cucumbers) Italian Bread Chilled Fruit Cup (Italian Salad Dressing pc and Parmesan pc)	<b>Stuffed Cabbage Roll with Meat Sauce</b> Mashed Potatoes French Style Green Beans Dinner Roll Chocolate Peanut Butter Fluff	<b>22) Sweet &amp; Sour Pork with Chinese Noodles Garni</b> Seasoned Rice Mixed Vegetables Rye Bread Fruited Gelatin	<b>23) Meatless Cheese Manicotti (2) with Tomato Sauce</b> Spinach Italian Bread Snickerdoodle Cookies (Parmesan pc)
<b>26) Center Cut Pork Chop</b> Ranch Mashed Potatoes Peas Wheat Bread Applesauce	<b>27) Sliced Turkey with Gravy</b> Stuffing Carrots Biscuit Chilled Fruit Cocktail	<b>28) <u>Easter Special Meal</u></b> <b>Sliced Glazed Ham</b> Whipped Sweet Potatoes Green Bean Casserole Whole Wheat Dinner Roll Coconut Cake with Rainbow Sprinkles	<b>29) Cheeseburger Supreme</b> (American Cheese, Tomato, Lettuce, Red Onion and Pickle Chips) – Hamburger Roll Potato Wedges Brussels Sprouts S'more Pudding Parfait (Ketchup/Mustard/Relish pc)	<b>30)</b>  <b>No Meals Served!</b>  <b>Good Friday</b>

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.