


Eat Well...Stay Well - Niagara County Office for the Aging Nutrition Program
May 2018 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Mild Italian Sausage Link with Green Peppers & Onions on a Hot Dog Roll Parsley Buttered Rotini Zucchini Yellow Cake/Choc Frosting (Mustard <u>and</u> Ketchup pc)	2) Swiss Mushroom Burger on Hamburger Roll Macaroni Salad French Style Green Beans Tapioca Pudding (Mustard <u>and</u> Ketchup pc)	3) Cheese Manicotti with Tomato Sauce Spinach Italian Bread Fruited Gelatin(Whipped Topping) (Parmesan Cheese pc)	4) Chicken Strips over Salad (<u>1 cup</u> romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek Potatoes ½ Whole Wheat Pita Bread Chilled Pears (Salad Dressing pc)
7) Macaroni and Cheese Broccoli Dinner Roll Chilled Fruit Cocktail	8) Baked Ham Whipped Sweet Potatoes Peas Wheat Bread Orange Dream Cake	9) <i>Mother's Day Special</i> Stuffed Chicken Breast with Gravy Mashed Potatoes Carrots Whole Wheat Dinner Roll Cheesecake with Cherries	10) Julienne Salad with 3 oz. Diced Turkey (<u>1 cup</u> romaine & salad mix, carrot shreds, red onion, tomatoes, garbanzos, shredded cheddar) Zesty Rice Blueberry Muffin Fresh Fruit – Peach (if available) (Assorted Salad Dressing pc)	11) Veal Parmesan with Tomato Sauce Rotini Pasta ½ cup Tossed Salad Italian Bread Heavenly Hash (Parmesan pc <u>and</u> Salad Dressing pc)
14) BBQ Pork Riblet Baked Beans Cauliflower Hamburger Roll Chilled Pears	15) Grilled Chicken Salad (3 oz seasoned chicken & <u>1 cup</u> mesclun mix, tomatoes, shredded carrots & cheddar cheese) Tri Color Pasta Salad Wheat Bread S'more Pudding Parfait (Assorted Salad Dressing pc)	16) Vegetable Lasagna Parmesan Spinach Italian Bread Fresh Fruit – Pear (if available) (Parmesan Cheese pc to mix with Spinach)	17) Salisbury Steak with Gravy AuGratin Potatoes California Blend Vegetables Dinner Roll Oatmeal Raisin Cookies	18) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) Potato Wedges 3 Bean Salad Watermelon Cubes (Ketchup <u>and</u> Mustard pc)
21) Chicken Fingers Potatoes O'Brien Mixed Vegetables Dinner Roll Fresh Grapes (BBQ Sauce <u>and</u> Ranch Dressing pc)	22) Center Cut Pork Chop Mashed Potatoes Carrot Coins White Bread Apple Crisp	23) Steak Salad with 3oz Beef Strips (<u>1 cup</u> romaine & salad mix, carrot shreds, cucumbers, red onions, feta cheese) Pea and Pasta Salad Dinner Roll Brownie (Assorted Salad Dressing pc)	24) Breakfast Casserole (Turkey Sausage in Casserole) Steamed Rice Broccoli Blueberry Muffin Mandarin Orange Delight	25) Turkey and Cheese Sub with Lettuce & Tomato Potato Salad Garden Ranch Green Beans Small Hoagie Roll Rice Pudding (Mayonnaise <u>and</u> Mustard pc)
28) Memorial Day Holiday! No Meals Served Today!	29) Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread Chocolate Chip Cookies	30) Ham & Pasta Primavera with Rotini Pasta Corn Dinner Roll Peach Polka Dot Dessert (Parmesan Cheese pc)	31) Baked Chicken Leg Potato Salad Peas Cornbread Banana Pudding (with Whipped Topping)	June 1 - Cheese Tortellini with Meat Sauce Broccoli Italian Bread Fresh Fruit (Parmesan pc)

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. This is a Niagara County Office for the Aging Program serving the population age 60 and older. Menus approved by Lisa G. Smith, RD, CDN.