





Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Cheese Tortellini with Meatballs and Sauce Carrots Italian Bread Vanilla Pudding (Whipped Top) (Parmesan Cheese pc)</p>	<p>2) Ham & Pasta Primavera with Rotini Pasta Peas Rye Bread Peach Polka Dot Dessert (Parmesan Cheese pc)</p>	<p>3) Baked Chicken Leg with Gravy Mashed Potatoes Broccoli Corn Bread Fresh Fruit</p>	<p>4) Cheeseburger Supreme (cheese, tom, onions, lettuce, pickles) Hamburger Roll Rice w/ Broccoli & Cauliflower Cucumber and Pepper Salad Deluxe Fruit Salad (Ketchup, Mustard)</p>	<p>5) Sliced Turkey with Gravy Bread Stuffing Green Beans and Mushrooms Dinner Roll Chilled Peaches</p>
<p>OCTOBER 8TH NO MEALS SERVED COLUMBUS DAY HOLIDAY </p>	<p>9) Spaghetti and Meatballs Country Blend Vegetables Dinner Roll Chocolate Chip Cookies (Parmesan Cheese pc)</p>	<p>10) Breaded Pork Chop Potatoes O'Brien Carrots Coins Dinner Roll Apple Crisp</p>	<p>11) Grilled Chicken Breast with Lettuce and Tomato on Hamburger Roll Italian Pasta Salad Zucchini and Tomatoes Fresh Fruit- Nectarine if possible (Mayonnaise)</p>	<p>12) Broccoli Cheese Strata Hash Brown Patty Cauliflower (with parsley garni) Wheat Bread Cake Delight</p>
<p>15) Mild Italian Sausage Link or Patty (Green Peppers & Onions) on a Hot Dog or Hamburger Roll Parsley Buttered Rotini California Blend Vegetables Tapioca Pudding(whip topping) (Mustard and Ketchup pc)</p>	<p>16) Chicken Strips over Salad (<u>1 cup</u> salad mix: romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek Potatoes ½ Whole Wheat Pita Bread Chilled Pears (Salad Dressing pc)</p>	<p>17) Manicotti with Tomato Sauce Spinach Italian Bread Lemon Whip (Parmesan pc)</p>	<p>18) Sweet & Sour Chicken over Seasoned Rice with Chinese Noodles Brussels Sprouts Dinner Roll Yellow Cake/Choc Frosting (Chinese Noodles garnishment)</p>	<p>19) Mushroom Swiss Burger on Hamburger Roll Macaroni Salad French Style Green Beans Fresh Fruit – Apple (Mustard, Ketchup and Relish)</p>
<p>22) Baked Sliced Ham Whipped Sweet Potatoes Peas Wheat Bread Fresh Fruit: Peach if available</p>	<p>23) Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Cocktail (Ketchup pc)</p>	<p>24) Julienne Salad with 3 oz. Diced Turkey (<u>1 cup</u> salad mix: romaine, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar) Potato Salad Blueberry Muffin Orange Dream Cake (Assorted Salad Dressing pc)</p>	<p>25) Macaroni and Cheese Stewed Tomatoes Dinner Roll Sugar Cookies</p>	<p>26) Veal Parmesan with Tomato Sauce Rotini Pasta ½ cup Tossed Salad Italian Bread Heavenly Hash (Parmesan pc <u>and</u> Salad Dressing pc)</p>
<p>29) 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)</p>	<p>30) BBQ Pork Riblet served on a Hamburger Roll Baked Beans Cauliflower (Parsley Garni) Fruited Gelatin</p>	<p>31) Salisbury Steak & Gravy Au Gratin Potatoes California Blend Vegetables Dinner Roll Chilled Pears  Cider & Doughnuts</p>	<p> November 1 – Beef Stroganoff</p>	<p> November 2 – Chicken Drumsticks</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.