





Eat Well...Stay Well Dining
April 2019 - Menu for Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1) Macaroni and Cheese Stewed Tomatoes White Dinner Roll Fresh Fruit	2) Stuffed Cabbage Roll with Meat Sauce Mashed Potatoes French Style Green Beans Whole Wheat Dinner Roll Chilled Fruit Cup	3) Roasted Chicken Leg with Gravy Seasoned Brown Rice Beets Whole Wheat Bread Fruited Gelatin	4) Seasoned Chicken Breast (Lettuce & Tomato on Whole Wheat Bun) Chilled Tri Color Pasta Salad Broccoli Fresh Fruit (Mayo pc)	5) Meatless Egg Frittata Corn Prince Edward Vegetables Blueberry Square Chocolate Peanut Butter Fluff
8) Sliced Turkey with Gravy Bread Stuffing Carrots Biscuit Fresh Orange	9) Breaded Center Cut Pork Chop Ranch Mashed Potatoes Peas Whole Wheat Bread Applesauce	10) Chili Con Carne (one package crackers) Seasoned Rice Green Beans Cornbread Fruit Cocktail	11) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) on Wheat Bun Potato Wedges Brussels Sprouts S'more Pudding Parfait (Ketchup <u>and</u> Mustard pc)	12) Cheese Manicotti (2) with Tomato Sauce Spinach Dinner Roll Chilled Pears (Parmesan pc)
15) Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables Whole Wheat Roll Chocolate Chip Cookies	16) Beef Stroganoff Linguine Mixed Vegetables Whole Wheat Dinner Roll Heavenly Hash	17) <u>Special Easter Meal</u> Glazed Ham Whipped Sweet Potatoes Green Bean Casserole Whole Wheat Dinner Roll Coconut Cake with Rainbow Sprinkles	18) Grilled BBQ Chicken (Lettuce & Tomato) served on a Whole Wheat Sandwich Bun Hot Pasta Salad Broccoli Fresh Banana (Mayo & BBQ Sauce)	19) <u>Good Friday Holiday</u> No Meals Served 
22) Stuffed Pepper with Meat Sauce Mashed Potatoes Broccoli Whole Wheat Bread Mandarin Orange Delight	23) Macaroni and Cheese Stewed Tomatoes White Dinner Roll Fresh Fruit	24) Turkey and Cheese Sandwich (Lettuce & Tomato) Chilled Cucumber, Pepper & Tomato Salad Potato Salad Strawberry Fluff (Mayonnaise pc)	25) Homemade Goulash Seasoned Steamed Carrots Whole Wheat Dinner Roll Fresh Apple (Parmesan pc)	26) Hot Roast Beef & Gravy on a Wheat Bun Mashed Potatoes Wax or Yellow Beans Brownie (Horseradish pc)
29) Baked Chicken Leg with Gravy Seasoned brown rice Beets Whole Wheat Bread Chilled Mixed Fruit Cup	30) Spaghetti & Meatballs Spinach Dinner Roll Chilled Mandarin Oranges (Parmesan Cheese pc)			

All meals are served with bread, butter and choice of 1% or 2% milk or lactaid milk upon request. "Eat Well... Stay Well" Home Delivered Meals are delivered across 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.