




Monday	Tuesday	Wednesday	Thursday	Friday
	1) New Year's Holiday! No Meals Served 	2) Beef Stew Spinach Warm Biscuit Chilled Peaches	3) Grilled Chicken Breast on Wheat Roll (Lettuce & Tom) Noodles Romanoff Mixed Vegetables Hawaiian Delight Cake (Mayonnaise pc)	4) Ground Beef and Mushroom Casserole with Biscuit Crust Rice Florentine California Blend Vegetables Deluxe Fruit Salad
7) Spaghetti & Meatballs Spinach Italian Bread Fruited Gelatin (whipped topping) (Parmesan pc & Salad Dressing)	8) Macaroni and Cheese Stewed Tomatoes Warm Wheat Dinner Roll Fresh Fruit	9) Seasoned Chicken Breast Seasoned Greek Potatoes Broccoli Whole Wheat Pita Bread Hello Dolly Bar (Feta Cheese garnishment)	10) Stuffed Cabbage Roll with Meat Sauce Mashed Potatoes French Style Green Beans Whole Wheat Dinner Roll Chilled Fruit Cup	11) Roasted Chicken Leg with Gravy Seasoned Brown Rice Beets Whole Wheat Bread Chilled Pears
14) Chili Con Carne (with 1 package crackers) Seasoned Rice Green Beans Cornbread Fruit Cocktail	15) Sliced Turkey Breast with Gravy Bread Stuffing Carrots Bran Muffin Fresh Fruit	16) Center Cut Pork Chop Ranch Mashed Potatoes Peas Whole Wheat Bread Applesauce	17) Manicotti with Tomato Sauce Broccoli Warm Dinner Roll Chocolate Chip Cookies (Parmesan pc)	18) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) on Bun Potato Wedges Brussels Sprouts S'more Pudding Parfait (Ketchup <u>and</u> Mustard pc)
Martin Luther King Jr. Day No Meals Served 	22) Grilled Chicken Breast with Lettuce & Tomato Wheat Sandwich Roll Hot Buttered Tri Color Pasta Corn Chilled Peaches (Mayo pc)	23) Beef Stroganoff Linguine Mixed Vegetables Whole Wheat Dinner Roll Heavenly Hash	24) Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables Whole Wheat Roll Jell-O Poke Cake	25) Vegetable Lasagna Spinach Warm Dinner Roll Fresh Fruit (Parmesan pc)
28) Chicken Fingers with Ranch Dressing Potatoes O'Brien Garden Peas Whole Wheat Bread Rice Pudding (Ranch Salad Dressing pc)	29) Goulash Seasoned Steamed Carrots Whole Wheat Dinner Roll Fresh Apple (Salad Dressing & Parmesan pc)	30) Sliced Baked Ham Scalloped Potatoes Country Blend Vegetables Whole Wheat Bread Fresh Fruit	31) Hot Roast Beef & Gravy on a Wheat Bun Mashed Potatoes Beets Brownie (Horseradish pc)	February 1) Turkey and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll Potato Salad Cucumber Salad Fruited Gelatin (whip topping) (Mayonnaise/Mustard pc)

All meals are served with bread, butter and choice of 1% or 2% milk or lactaid 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.