





Eat Well...Stay Well Dining
September 2018 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) LABOR DAY HOLIDAY!</p> <p>NO MEALS SERVED</p>	<p>4) Mild Italian Sausage Link with Green Peppers & Onions on a Hot Dog Roll Parsley Buttered Rotini California Blend Vegetables Yellow Cake/Choc Frosting (Mustard <u>and</u> Ketchup pc)</p>	<p>5) Chicken Strips over Salad (<u>1 cup</u> salad mix, 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>6) Swiss Mushroom Burger on Hamburger Roll Macaroni Salad Vegetable Mix - Sliced Carrots, Corn, Lima Beans Tapioca Pudding(whip topping) (Mustard, Ketchup <u>and</u> Relish)</p>	<p>7) Sweet & Sour Pork with Seasoned Rice and Chinese Noodles Brussels Sprouts Dinner Roll Nectarine (Chinese Noodles garnishment)</p>
<p>10) Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Sugar Cookies (ketchup pc)</p>	<p>11) 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>12) Macaroni and Cheese Stewed Tomatoes Dinner Roll Chilled Fruit Cocktail</p>	<p>13) Baked Ham Whipped Sweet Potatoes Peas Wheat Bread Fresh Fruit – Peach if available</p>	<p>14) Julienne Salad with 3 oz. Diced Turkey (<u>1 cup</u> salad mix, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar) Potato Salad Blueberry Muffin Orange Dream Cake (Assorted Salad Dressing pc)</p>
<p>17) BBQ Pork Riblet served on a Hamburger Roll Baked Beans Cauliflower (Parsley Garni) Chilled Peaches</p>	<p>18) Vegetable Lasagna Spinach Italian Bread Fresh Fruit (Parmesan Cheese pc)</p>	<p>19) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) Hamburger Roll Potato Wedges Cucumber and Pepper Salad Deluxe Fruit Salad (Ketchup, Mustard and <u>Relish</u>)</p>	<p>20) 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>21) Salisbury Steak with Gravy AuGratin Potatoes California Blend Vegetables Dinner Roll Chilled Pears</p>
<p>24) Goulash Mixed Vegetables Wheat Bread Oatmeal Cookies (Parmesan Cheese pc)</p>	<p>25) Steak Salad (3 oz beef strips, 1 cup romaine & salad mix with carrot shreds, cucumbers, red onion, feta cheese) Corn Muffin Pea & Pasta Salad Brownie (Assorted Salad Dressings)</p>	<p>26) Breakfast Casserole Seasoned Confetti Rice Broccoli Assorted Muffins Mandarin Orange Delight</p>	<p>27) Turkey & Cheese with Lettuce & Tomato on Small Sub Roll Potato Salad Garden Ranch Green Beans Fresh Grapes (Mayo & Mustard)</p>	<p>28) Chicken Fingers with BBQ Sauce Potatoes O'Brien 3 Bean Salad Dinner Roll Rice Pudding (Whipped Topping) (BBQ Sauce)</p>
				<p>All Canned Fruit is in Natural Juice or Water and meets the guidelines of our Diabetic Diet.</p> <p>All Gravies are Low Sodium and meets the guidelines of our Modified Sodium Diet.</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. 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.