






Eat Well...Stay Well Dining

November 2017 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1) Sliced Glazed Ham Scalloped Potatoes Peas Dinner Roll Peach Polka Dot Dessert</p>	<p>2) Beef Taco Salad (served with one cup Iceberg and Romaine Lettuce, Tomatoes, Tortilla Chips and Shredded Cheddar Cheese) Rice Cold Three Bean Salad Chocolate Chip Cookies (Sour Cream pc)</p>	<p>3) Cheese Tortellini with Meat Sauce Capri Blend Vegetables Italian Bread Vanilla Pudding (Parmesan pc)</p>
<p>6) Ground Beef and Mushroom Casserole (previously known as pizza casserole) Rice Florentine California Blend Vegetables Deluxe Fruit Salad</p>	<p>7) NO MEALS SERVED ELECTION DAY</p> 	<p>8) Grilled Chicken Breast on Hamburger Bun Lentil Brown Rice Soup Mixed Vegetables Hawaiian Delight Cake (Mayonnaise pc)</p>	<p>9) Beef Stew Spinach Biscuit Chilled Peaches</p>	<p>10) NO MEALS SERVED VETERAN'S DAY</p> 
<p>13) Macaroni and Cheese Broccoli Wheat Bread Chocolate Chip Cookies</p>	<p>14) Marinated Greek Chicken Breast Greek Potatoes Pepper Potato Soup ½ Whole Wheat Pita Hello Dolly Bar (Feta Cheese Crumbles)</p>	<p>15) Thanksgiving Meal Roast Turkey Breast Mashed Potatoes and Gravy Baked Squash Stuffing ...Cranberry Sauce Dinner Roll Pumpkin Pie w/ Whip Topping</p>	<p>16) Spaghetti & Meatballs Chef Salad Mix (romaine, cabbage, carrots, tomato, cucumber) Italian Bread Chilled Fruit Cup (Italian Salad Dressing pc) (Parmesan Cheese pc)</p>	<p>17) Roasted Chicken Leg with Gravy Seasoned Rice Mixed Vegetables Dinner Roll Fruited Gelatin</p>
<p>20) Chili Con Carni with 1 pkg Crackers Seasoned Rice Corn Corn Bread Chilled Fruit Cocktail</p>	<p>21) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion and Pickle Chips) - Hamburger Roll Potato Wedges 3 Bean Salad S'more Pudding Parfait (Ketchup/Mustard/Relish pc)</p>	<p>22) Center Cut Pork Chop Ranch Mashed Potatoes Peas Wheat Bread Applesauce</p>	<p>23) NO MEALS SERVED</p> <p style="text-align: center;">THANKSGIVING DAY</p> <p style="text-align: center;">HOLIDAY</p>	<p>24) BLACK FRIDAY</p> <p style="text-align: center;">NO MEALS SERVED</p> <p style="text-align: center;">HAPPY SHOPPING!</p>
<p>27) Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables Wheat Roll Carnival Cookies</p>	<p>28) Salisbury Steak with Gravy AuGratin Potatoes California Blend Vegetables Dinner Roll Chocolate Cake</p>	<p>29) Beef Stroganoff served over Linguine Mixed Vegetables Wheat Dinner Roll Heavenly Hash</p>	<p>30) Vegetable Lasagna Parmesan Spinach Italian Bread Chilled Peaches Parmesan pc (to put on spinach)</p>	

All Meals are served with bread and butter with choice of 1% chocolate milk, 1% or 2% milk, coffee or tea. Eat Well... Stay Well Dining 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.