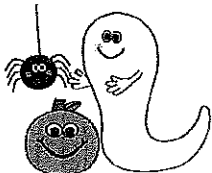




Eat Well...Stay Well Dining

October 2017 Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) Sweet & Sour Pork served over Seasoned Rice and topped with Chinese Noodles Cauliflower Dinner Roll Chilled Pears</p>	<p>3) Mild Italian Sausage Patty with Peppers and Onions Parsley Buttered Rotini Zucchini Hamburger Roll Yellow Cake with Chocolate Frosting Mustard / Ketchup pc</p>	<p>4) Cheese Manicotti (2) with Tomato Sauce (2 oz sauce) Spinach Italian Bread Fruited Gelatin (Parmesan pc)</p>	<p>5) Mushroom Swiss Burger (1 slice swiss cheese, 1/2 oz. sliced mushrooms) Hamburger Roll Macaroni Salad French Style Green Beans Fresh Fruit - Nectarine Mustard / Ketchup pc</p>	<p>6) Marinated Greek Chicken Salad (tossed salad – romaine, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek Potatoes ½ Whole Wheat Pita Tapioca Pudding</p>
<p>9) COLUMBUS DAY HOLIDAY NO MEALS SERVED! OFFICE CLOSED</p>	<p>10) Macaroni and Cheese Stewed Tomatoes Broccoli Dinner Roll Chilled Fruit Cocktail</p>	<p>11) Julienne Salad with Diced Turkey (Romaine & Salad Mix with carrot shreds, red onion, tomatoes, garbanzos & cheddar cheese) Zesty Rice Blueberry Muffin Orange Dream Cake (Ranch Salad Dressing pc)</p>	<p>12) Veal Parmesan with Tomato Sauce Rotini Pasta Tossed Salad with cucumbers, carrots and croutons Italian Bread Heavenly Hash Dessert (Parmesan pc & Italian Dressing)</p>	<p>13) Baked Ham Whipped Sweet Potatoes Peas Wheat Bread Fresh Fruit - Peach</p>
<p>16) Vegetable Lasagna Parmesan Spinach Italian Bread Raisin Oatmeal Cookies (2) Parmesan pc (to put on spinach)</p>	<p>17) Turkey and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll Potato Salad Garden Ranch Green Beans Rice Pudding Mayonnaise/Mustard pc</p>	<p>18) BBQ Pork Riblet with ½ oz. Barbeque Sauce served on a Small Hoagie Roll Baked Beans Cauliflower Fresh Pear</p>	<p>19) Grilled Chicken Salad (served over Mesclun mix, tomatoes, onion, shredded cheddar cheese) Tri Color Pasta Salad Wheat Bread S'more Pudding Parfait (French Salad Dressing pc)</p>	<p>20) Salisbury Steak with Gravy AuGratin Potatoes California Blend Vegetables Dinner Roll Fresh Watermelon Cubes*</p>
<p>23) Gasport Celebration Meal! Baked Meatloaf with Gravy Mashed Potatoes Carrots Whole Wheat Dinner Roll Butterscotch Pudding with Whipped Topping</p>	<p>24) Breakfast Casserole with Turkey Sausage Steamed Rice Broccoli Blueberry Muffin Mandarin Orange Delight</p>	<p>25) Barker Celebration Meal! Cheeseburger Supreme (Cheese, Tomato, Lettuce, Red Onion and Pickle Chips)... Whole Wheat Hamburger Roll Baked Beans Prince Edward Vegetables Fruited Gelatin with Whip Topping (Ketchup/Mustard/Relish pc)</p>	<p>26) North Tonawanda Celebration Meal! Breaded Pork Chops with ¼ cup Sauerkraut Baked Potato with Sour Cream Chef Salad with Salad Dressing Whole Wheat Dinner Roll Chocolate Chip Cookies</p>	<p>27) Steak Salad served with Romaine & Salad mix, carrot shreds, cucumbers, red onion & feta cheese Pea and Pasta Salad Dinner Roll Brownie (Bleu Cheese Salad Dressing pc)</p>
<p>30) BBQ Chicken Potato Salad Carrots Cornbread Chilled Peaches</p>	<p>31) Halloween Special! Boo-lash...Ghoul-lash...Goulash Monster Mash Mixed Vegetables Mummy Dinner Roll Ogre Eyeballs (Grapes -16 each) Halloween Treat -Cider &Donuts</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.