

NUTRIGRAM

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Niagara County Office for the Aging 438-4020**

111 Main Street Lockport NY 14094



Happy Easter Special

On Wednesday, April 12th, Niagara Nutrition will be offering a special meal for Easter at the sites and for Home Delivered Meal participants. The following menu will be prepared;

Glazed Ham
Candied Sweet Potatoes
Mixed Green Salad with Dressing
Peas and Mushrooms
Dinner Roll
Coconut Cream Pie/Jelly Beans
Coffee/Tea/Skim or 2 % Milk

The suggested contribution for the lunch is \$2.50. For a list of sites where the lunch will be served call Glenda at 438-4030.

Transportation is provided to some locations. Call Jennifer Schumacher at 438-4038 about transportation.



Comments on Menus

As I am working on menus for Spring and Summer, I am trying to come up with entrees, vegetables, breads, salads and desserts that are nutritious, shippable, and realistic for us to serve. Once again we will be offering the popular cold plates weekly. If you have any comments on the menus, I am always interested in your input. We offer a 6-week menu cycle. We will be doing a survey again at some point in the future to fully assess how we are doing and evaluate. Test meals are evaluated daily at our kitchen for eye appeal, portion size, and taste. I appreciate your patience as we were adjusting to a new food company. We had some menu changes because of that and I failed to keep you informed about what was going on. We are back to serving our menu as it is published.

Glenda Reardon, RD, CDN

438-4030

Recipe of the Month

Mediterranean Tuna Salad

You might enjoy not having a mayonnaise-based tuna salad for a change.

In a medium bowl, combine a 6-ounce can of drained flaked light tuna, 1/3rd cup dried tart cherries or dried raisins or raisins, 1/4 cup shredded carrots and celery. Add 1/4 cup crumbled feta cheese (or cheese of your choice shredded) and 1/4 cup reduced fat balsamic vinaigrette dressing and 1/2 T. Dijon mustard.

Refrigerate 2 hours to marinate flavors. Serve with a tomato basil soup and breadsticks.

Fresh pear for dessert.

Source: Union Sun and Journal, Friday, March 10th, 2006

HDM NEWS

We mourn the sudden loss of LaVerne Fahs, HDM volunteer from North Tonawanda. He was always willing to pitch in when we needed him to deliver meals. He was a great advocate for the meal program and will be missed by all.

Contributing for HDM Meals

Please remember that you will not receive a bill for your meals. Hence, it is up to you to remember to make a contribution for the meal. The suggested amount is \$2.50 which does not cover the full cost of the meal. If you lose track of how many meals you have received for a month, contact Thomas Chapman at 438-4031. Contributing by check monthly is encouraged and checks need to be made out to Niagara Nutrition.

HOLIDAY April 14th, Good Friday

No meals on that day for dining sites or home delivery