










Monday	Tuesday	Wednesday	Thursday	Friday
<b>1) Roast Pork Au Jus</b> Baked Sweet Potato Green Beans Rye Bread Chunky Apple Sauce	<b>2) Grilled Chicken Breast Sandwich w/ Lettuce, Tomato, Onion</b> Broccoli and Cheddar Soup w/ 1 pk Crackers Mixed Vegetables Wheat Hamburger Bun Chocolate Pudding PC Mayo 	<b>3) Beef Stew</b> Parsley Cauliflower Biscuit Deluxe Fruit Cup	<b>4) Goulash</b> Garden Salad w/ Tomato, Cucumber, Carrot Italian Bread Orange PC Dressing, Parm	<b>5) Egg and Broccoli Frittata</b> O'Brien Potatoes Stewed Tomatoes Muffin Fruited Gelatin w/ Whipped Topping
<b>8) Stuffed Cabbage Roll w/ Meat Sauce</b> Mashed Potatoes Peas and Carrots Wheat Bread Cinnamon Sliced Pears	<b>9) Chicken Casserole</b> Mixed Greens Salad w/ Tomato and Garbanzo Beans Biscuit Banana PC Dressing	<b>10) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion</b> Chicken Cannelloni Soup w/ 1 pk Crackers Healthy Jello Grapes 	<b>11) No Meals Served</b>  <b>VETERANS DAY</b> HONORING ALL WHO SERVED	<b>12) Spaghetti and Meatballs w/ Tomato Sauce</b> Spinach Italian Bread Pineapple PC Parm
<b>15) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Sweet Potato Wedges San Francisco Blend Vegetables Wheat Hamburger Roll Tropical Fruit Cup PC Ketchup, Mustard	<b>16) Homemade Salisbury Steak w/ Gravy</b> Au Gratin Potatoes Winter Vegetable Blend Rye Bread Pineapple PC Ketchup	<b>17) THANKSGIVING MEAL</b> Roast Turkey Breast Mashed Potatoes w/ Gravy  Baked Squash Stuffing Cranberry Sauce Dinner Roll Pumpkin Pie w/Whip Topping	<b>18) Breaded Bone-In Pork Chop</b> Baked Sweet Potato Bavarian Kraut Rye Bread Applesauce	<b>19) Hot Roast Beef Sandwich w/ Gravy</b> Garlic Mashed Potatoes Mesclun Salad w/ Tomato, Cucumber, Carrot Wheat Hamburger Bun Heavenly Hash PC Ketchup, Horseradish, Dressing
<b>22) Pork Riblet w/ BBQ Sauce</b> Hearty Vegetable Soup w/ 1 pk Crackers Cole Slaw Whole Wheat Hoagie Roll Baked Pear Crisp w/ Whipped Topping 	<b>23) Beef Stroganoff over Egg Noodles</b> Mixed Vegetables Wheat Dinner Roll Tropical Fruit Cup	<b>24) Meat Lasagna</b> Brussels Sprouts Italian Bread Mandarin Oranges PC Parm	<b>25)</b>  No Meals Served	<b>26)</b>  No Meals Served
<b>29) 2 Cheese Manicotti w/ Tomato Sauce</b> Broccoli Italian Bread Sliced Peaches PC Parm	<b>30) Chili Con Carne w/ 1 pk Crackers</b> Seasoned Brown Rice Green Beans Corn Bread Apple Pumpkin Bavarian 		<b>HEAP opens in November!</b> Make sure to get your application in ASAP	Make sure to reheat your holiday leftovers to at least 165 degrees! Don't let any leftovers sit for too long before putting in the fridge or freezer!

All meals are served with bread, butter, and 1% 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 Connor Abbott, RD FINAL Copy 9/27/2021 C.A.