











**Nutrition Office**  
**716-438-4031**

**Eat Well...Stay Well Dining**  
**AUGUST 2025 - Menu for Dining Sites**

**Niagara County Office for the Aging**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HEAP opens in November...</b> <i>If you received a HEAP benefit last year, you can expect to get your Early Outreach Application in the mail in the beginning of September!</i>	<u>If you receive SNAP benefits, you should be automatically enrolled in HEAP, without even filing an application!</u>			<b>1) Stuffed Cabbage Roll Casserole</b> Garden Salad Muffin Deluxe Fruit Cup PC Dressing
<b>4) Greek Seasoned Chicken Breast w/ Feta Cheese</b> Potato Salad Seasoned Spinach and Tomatoes Wheat Bread Tropical Fruit Cup	<b>5) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion</b> Sweet Potato Wedges Seasoned Wax Beans Wheat Hamburger Bun Fresh Orange PC Ketchup, Mustard	<b>6) Chicken Stew</b> Marinated Vegetable Salad Biscuit Banana 	<b>7) Ham Salad Sandwich w/ Lettuce, Tomato, Onion</b> Chicken Cannelloni Soup w/ Crackers Tomato and Cucumber Salad 2 Slices Wheat Bread Fresh Cantaloupe, Honeydew and Grapes 	<b>8) Meatball Sub w/ Tomato Sauce and Mozzarella Cheese</b> Macaroni Salad Italian Vegetable Blend Wheat Hoagie Roll Heavenly Hash PC Parm
<b>11) Turkey Cobb Salad</b> Two-Type Potato Salad Biscuit Fresh Tangerines PC Dressing 	<b>12) Broccoli and Cheese Strata</b> O'Brien Potatoes Seasoned Green Beans Muffin Fruited Gelatin w/ Whipped Topping	<b>13) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Tomato Florentine Soup w/ Crackers Seasoned Cauliflower Wheat Hamburger Bun Fresh Grapes PC Ketchup, Mustard 	<b>14) Italian Sausage w/ Peppers and Onions</b> Au Gratin Potatoes Mixed Vegetables Wheat Hot Dog Bun Deluxe Fruit Cup PC Ketchup, Mustard	<b>15) Bone In Pork Chop w/ Gravy</b> Garlic Mashed Potatoes Fresh Spinach Salad Wheat Dinner Roll Cookie
<b>18) Homemade Salisbury Steak w/ Gravy</b> Mashed Potatoes California Vegetable Blend Rye Bread Lemon Bar PC Ketchup 	<b>19) Julienne Salad w/ Turkey, Cheddar Cheese, and Croutons</b> Pepper Pot Soup w/ Crackers Wheat Bread Banana PC Dressing 	<b>20) BBQ Pork Riblet</b> Baked Beans Seasoned Broccoli Wheat Hoagie Roll Fresh Cantaloupe	<b>21) Hot Dog w/ Chili Sauce</b> Pea and Pasta Salad Tomato and Cucumber Salad Wheat Hot Dog Bun Mandarin Oranges PC Ketchup, Mustard	<b>22) Breaded Chicken Drumsticks</b> Scalloped Potatoes Seasoned Brussels Sprouts Wheat Dinner Roll Sliced Peaches 
<b>25) Homemade Macaroni and Cheese Casserole</b> Stewed Tomatoes Muffin Applesauce	<b>26) BBQ Pulled Pork Sandwich w/ Pickle Spear</b> Baked Sweet Potato Coleslaw Wheat Hamburger Bun Cinnamon Pears	<b>27) End of Summer Picnic</b> <b>Hot Dog or Hamburger on a Bun</b> Baked Beans Macaroni Salad Watermelon Frosted Brownie PC Ketchup, Mustard, Relish 	<b>28) Turkey and Grape Salad Sandwich w/ Lettuce, Tomato, Onion</b> Hearty Vegetable Soup w/ Crackers Caesar Salad 2 Slices Wheat Bread Cantaloupe, Honeydew and Grapes	<b>29) Roast Beef Sandwich w/ Gravy</b> Cheesy Mashed Potatoes Seasoned Green Beans Wheat Hamburger Bun Mandarin Oranges PC Ketchup, Horseradish

All meals are served with bread, butter, 1% milk, coffee or tea.

Eat Well...Stay Well Lunch Sites are located throughout Niagara County. Call 716-438-4031 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 6/30/25 CA