

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2) Sweet and Sour Pork w/ Fortune Cookie</b> Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Bread Pineapple	<b>3) Turkey Ala King Over Egg Noodles</b> Seasoned Carrots Biscuit Deluxe Fruit Cup	<b>4) Homemade Mac and Cheese Casserole</b> Stewed Tomatoes Muffin Banana	<b>5) Roast Pork w/ Gravy</b> Garlic Mashed Potatoes Seasoned Peas Rye Bread Cinnamon Applesauce	<b>6) Turkey and Grape Salad Sandwich</b> Tomato Florentine Soup w/ Crackers Broccoli Salad 2 Slices Wheat Bread Apricots
<b>9) Julienne Salad w/ Ham, Bleu Cheese Crumbles and Croutons</b> Italian Pasta Salad Muffin Tropical Fruit Cup PC Dressing	<b>10) Sloppy Joe</b> Potato Wedges Seasoned Spinach w/ Tomatoes Wheat Hamburger Bun Fresh Watermelon	<b>11) Father's Day Meal</b> Hot Roast Beef Sandwich Baked Potato w/ Sour Cream Candied Carrots Egg Washed Roll Tuxedo Brownie PC Horseradish, Ketchup	<b>12) Chicken Thighs w/ Gravy</b> Au Gratin Potatoes Seasoned Cauliflower Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping	<b>13) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion</b> Two-Type Potato Salad Fresh Spinach Salad 2 Slices Wheat Bread Tangerines
<b>16) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion</b> Macaroni Salad Seasoned Brussels Sprouts Wheat Hamburger Bun Sliced Peaches PC Mayo	<b>17) Polish Sausage</b> Scalloped Potatoes Bavarian Sauerkraut Wheat Hot Dog Bun Fresh Cantaloupe PC Ketchup, Mustard	<b>18) BBQ Pulled Pork Sandwich w/ Pickle Spear</b> Potato Salad Coleslaw Wheat Hamburger Bun Mandarin Oranges	<b>19) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion</b> Hearty Vegetable Soup w/ Crackers Caesar Salad 2 Slices Wheat Bread Fresh Orange PC Dressing	<b>20) Swedish Meatballs Over Egg Noodles</b> California Vegetable Blend Biscuit Mandarin Orange Delight
<b>23) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion</b> Sweet Potato Wedges Garden Salad Wheat Hamburger Bun Fresh Grapes PC Ketchup, Mustard, Dressing	<b>24) Chicken Stew</b> Broccoli Salad Whole Wheat Dinner Roll Cookie	<b>25) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion</b> Chicken Cannelloni Soup w/ Crackers Marinated Vegetable Salad 2 Slices Wheat Bread Deluxe Fruit Cup	<b>26) Meatball Sub w/ Tomato Sauce and Mozzarella</b> Tri-Color Pasta Salad Garlic Spinach w/ Tomatoes Wheat Hot Dog Bun Pineapple	<b>27) Greek Seasoned Chicken Breast w/ Feta Cheese</b> Greek Seasoned Rice Seasoned Broccoli and Cauliflower ½ Wheat Pita Fruited Gelatin w/ Whipped Topping PC Greek Dressing
<b>30) Bone-In Pork Chop</b> Baked Sweet Potato Confetti Corn Wheat Bread Applesauce		<b>Please sign up for Independence Day Meal by June 6<sup>th</sup>!</b>		

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 4/27/2025 C.A.