












Eat Well...Stay Well Dining
SEPTEMBER 2025 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1)  <i>No Meals Served</i>	2) Chicken Thighs w/ Gravy Mashed Potatoes Glazed Carrots Wheat Dinner Roll Cookie	3) Cheese Tortellini w/ Meatballs and Tomato Sauce Seasoned Spinach and Tomatoes Italian Bread Fresh Orange PC Parm	4) Homemade Baked Meatloaf w/ Gravy Mac and Cheese Broccoli Salad Wheat Bread Fresh Watermelon PC Ketchup	5) Julienne Salad w/ Turkey, Cheddar Cheese and Croutons Potato Salad Biscuit Tropical Fruit Cup PC Dressing 
8) Polish Sausage Brown Rice and Lentil Soup w/ Crackers Bavarian Sauerkraut Wheat Hot Dog Bun Mandarin Oranges PC Ketchup, Mustard 	9) Ranch Chicken Pasta Salad Fresh Spinach Salad Muffin Fresh Cantaloupe 	10) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion Tri-Color Pasta Salad Tomato and Cucumber Salad Wheat Hamburger Bun Fruited Gelatin w/ Whipped Topping PC Mayo	11) Roast Pork w/ Gravy Baked Sweet Potato Seasoned Peas Wheat Dinner Roll Cinnamon Applesauce	12) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion Pickled Beets Marinated Vegetable Salad 2 Slices Wheat Bread Deluxe Fruit Cup
15) Chicken Stew Seasoned Broccoli and Cauliflower Biscuit Fresh Grapes 	16) Meatball Sub w/ Tomato Sauce and Mozzarella Two-Type Potato Salad Caesar Salad Wheat Hoagie Roll Fresh Orange	17) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Hearty Vegetable Soup w/ Crackers Broccoli Salad 2 Slices Rye Bread Fresh Honeydew Melon 	18) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Mixed Vegetables ½ Wheat Pita Heavenly Hash PC Greek Dressing	19) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion Butternut Squash Seasoned Green Beans Wheat Hamburger Bun Brownie PC Ketchup, Mustard 
22) Bone-In Pork Chop Garlic Mashed Potatoes California Vegetable Blend Muffin Tangerines	23) Italian Sausage w/ Peppers and Onions Macaroni Salad Garden Salad Wheat Hot Dog Bun Tropical Fruit Cup PC Ketchup, Mustard, Dressing	24) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Au Gratin Potatoes Seasoned Brussels Sprouts Wheat Hamburger Bun Homemade Apple Crisp w/ Whipped Topping PC Ketchup, Mustard	25) Turkey Cobb Salad Potato Salad Biscuit Fresh Cantaloupe and Grapes PC Dressing 	26) Broccoli and Cheese Strata O'Brien Potatoes Seasoned Peas Cinnamon Raisin Bread Sliced Pears 
29) BBQ Pork Riblet Butternut Squash Coleslaw Wheat Hoagie Roll Homemade Peach Crisp w/ Whipped Topping	30) Vegetable Lasagna Seasoned Spinach and Tomatoes Italian Bread Fruited Gelatin	<p>When was the last time you had a mammogram or prostate exam?</p> <p>Don't forget to schedule yours with your doctor!</p>		<p><i>If you received HEAP last year, be on the lookout for your Early Outreach Application in the mail!</i></p> 

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 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 **7/22/2025 C.A.**