










Monday	Tuesday	Wednesday	Thursday	Friday
3) Breaded Bone In Pork Chop Baked Sweet Potato Bavarian Sauerkraut Wheat Bread Cinnamon Applesauce	4) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Minestrone Soup w/ Crackers Glazed Carrots Wheat Hamburger Bun Tangerines PC Ketchup, Mustard 	5) Ash Wednesday 2 Cheese Manicotti w/ Tomato Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm, Dressing	6) Chili Con Carne w/ Crackers Seasoned Broccoli Corn Muffin Sliced Peaches 	7) Vegetable Lasagna Seasoned Brussels Sprouts Wheat Bread Brownie
10) BBQ Pork Riblet Mashed Squash Coleslaw Wheat Hoagie Roll Pineapple	11) Beef Stroganoff Over Egg Noodles California Vegetable Blend Wheat Dinner Roll Banana	12) Chicken Drumstick w/ Gravy Mashed Potatoes Seasoned Peas Muffin Sliced Pears 	13) Cheese Tortellini w/ Tomato Sauce and Meatballs Seasoned Spinach and Tomatoes Italian Bread Orange PC Parm 	14) Broccoli and Cheese Strata Tomato Florentine Soup w/ Crackers Caesar Salad Rye Bread Cookie PC Dressing
17) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread St. Patrick's Dessert 	18) Hot Roast Beef Sandwich w/ Gravy Cheesy Mashed Potatoes Mixed Vegetables Wheat Hamburger Bun Fruit Cocktail PC Horseradish, Ketchup 	19) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Broccoli and Cheese Soup w/ Crackers Coleslaw Wheat Hoagie Roll Mandarin Oranges PC Mayo	20) Stuffed Pepper w/ Tomato Sauce Spinach Salad Wheat Dinner Roll Pineapple	21) Homemade Macaroni and Cheese Casserole Stewed Tomatoes Italian Bread Fruited Gelatin w/ Whipped Topping
24) Sliced Baked Ham Scalloped Potatoes Seasoned Brussels Sprouts Cinnamon Raisin Bread Deluxe Fruit Cup	25) BBQ Chicken Thighs Harvard Beets Seasoned Cauliflower Muffin Apple Crisp w/ Whipped Topping	26) Homemade Baked Meatloaf w/ Gravy Garlic Mashed Potatoes Italian Vegetable Blend Whole Wheat Dinner Roll Banana PC Ketchup 	27) Turkey Ala King Over Egg Noodles Seasoned Peas Biscuit Tangerines	28) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Pepper Pot Soup w/ Crackers 3 Bean Salad 2 Slices Wheat Bread Mandarin Orange Delight
31) Chicken Breast Sandwich w/ Lettuce, Tomato, Onion Baked Beans California Vegetable Blend Wheat Hamburger Bun Tropical Fruit Cup PC Mayo		 <p>Everyone's Irish On March 17th.</p>	<p>Deadline to place reservation for Easter Holiday Meal is 3/21!</p>	<p>Try to limit fried foods!</p> <p>Choose broiled, grilled or boiled options instead</p>

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 1/31/2025