

Eat Well...Stay Well Dining
November 2024 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	HEAP opens in November! 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!	<i>Please remember the deadline for reservations for Thanksgiving meal is Nov 1st!</i>	1) Beef Stew Broccoli Salad Biscuit Cinnamon Pears
4) Tuna Noodle Casserole Seasoned Brussels Sprouts Whole Wheat Bread Apricots	5) Stuffed Cabbage Roll Casserole Glazed Carrots Whole Wheat Dinner Roll Flavored Pudding w/ Whipped Topping	6) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Tomato Florentine Soup w/ Crackers Cold Vegetable Salad 2 Slices Whole Wheat Bread Tropical Fruit Cup	7) Homemade Mac and Cheese Casserole Stewed Tomatoes Whole Wheat Dinner Roll Deluxe Fruit Cup	8) Spaghetti and Meatballs w/ Tomato Sauce Caesar Salad Italian Bread Mandarin Oranges PC Parm
11) No Meals Served 	12) Breaded Bone In Pork Chop Baked Sweet Potato Italian Vegetable Blend Whole Wheat Bread Cinnamon Applesauce PC Dressing	13) 2 Cheese Manicotti w/ Tomato Sauce Seasoned Peas Italian Bread Fruited Gelatin w/ Whipped Topping PC Parm	14) Chili Con Carne w/ Crackers Seasoned Green Beans Corn Muffin Sliced Peaches	15) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Pickled Beets Seasoned Carrots Whole Wheat Hamburger Bun Deluxe Fruit Cup PC Ketchup, Mustard
18) Homemade Salisbury Steak w/ Gravy Mashed Potatoes Seasoned Broccoli and Cauliflower Biscuit Homemade Apple Crisp w/ Whipped Topping	19) Pork Riblet w/ BBQ Sauce Mac and Cheese Coleslaw Whole Wheat Hoagie Roll Mandarin Oranges	20) THANKSGIVING MEAL Roast Turkey Breast Mashed Potatoes w/ Gravy Baked Squash Stuffing Cranberry Sauce Dinner Roll Pumpkin Pie w/Whipped Topping 	21) Vegetable Lasagna Spinach Salad Italian Bread Applesauce	22) Oven Roasted Chicken Drumsticks Au Gratin Potatoes Seasoned Peas Muffin Heavenly Hash
25) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir Fry Vegetable Blend Cinnamon Raisin Bread Cookie	26) Hot Roast Beef Sandwich w/ Gravy Garlic Mashed Potatoes Mixed Vegetables Whole Wheat Hamburger Bun Banana	27) Chicken Stew California Vegetable Blend Biscuit Tangerines	28) 	29) 

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 10/01/2024 C.A.