








Nutrition Office
716-438-4031

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

Niagara County
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
1) No Meals 	2) Beef Stew Parslied Cauliflower Biscuit Sliced Peaches	3) Goulash Seasoned Peas and Carrots Whole Wheat Bread Fresh Orange PC Parm 	4) Roast Pork w/ Gravy Mashed Potatoes Seasoned Brussels Sprouts Whole Wheat Dinner Roll Apple Crisp w/ Whipped Topping 	5) Egg and Broccoli Frittata O'Brien Potatoes Stewed Tomatoes Cinnamon Oat Bran Muffin Sliced Pears
8) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Seasoned Spinach ½ Whole Wheat Pita Applesauce	9) Stuffed Cabbage Roll Casserole Seasoned Broccoli Whole Wheat Bread Pumpkin Bavarian	10) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Tomato Florentine Soup w/ Crackers Pickled Beets 2 Slices Whole Wheat Bread Mandarin Oranges 	11) Spaghetti and Meatballs w/ Tomato Sauce Seasoned Green Beans Italian Bread Heavenly Hash PC Parm	12) Chicken Stew Spinach Salad Biscuit Fruited Gelatin w/ Whipped Topping
15) No Meals 	16) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Sweet Potato Wedges Mixed Vegetables Whole Wheat Hamburger Bun Brownie PC Ketchup, Mustard	17) 2 Cheese Manicotti w/ Tomato Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm	18) Sliced Turkey Breast w/ Gravy Garlic Mashed Seasoned Peas Whole Wheat Dinner Roll Sliced Peaches	19) Breaded Bone In Pork Chop Mashed Squash Bavarian Sauerkraut Stuffing Banana 
22) BBQ Chicken Drumstick Baked Sweet Potato Coleslaw Whole Wheat Bread Tropical Fruit Cup	23) Beef Stroganoff Over Egg Noodles California Vegetable Blend Biscuit Pineapple	24) Homemade Salisbury Steak w/ Gravy Cheesy Mashed Potatoes Tomatoes and Zucchini Whole Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping PC Ketchup	25) Vegetable Lasagna Seasoned Spinach Italian Bread Mandarin Oranges	26) BBQ Pork Riblet Broccoli and Cheddar Soup w/ Crackers Wax Beans Whole Wheat Hoagie Roll Cinnamon Applesauce
29) Homemade Mac and Cheese Casserole Seasoned Broccoli Rye Bread Deluxe Fruit Cup	30) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup Caesar Salad Whole Wheat Hoagie Roll Fresh Orange PC Mayo	31) Sweet and Sour Pork Seasoned Brown Rice Stir Fry Vegetable Blend Whole Wheat Dinner Roll Cookie		Facing electricity or heating shut-off? Emergency HEAP opens January 2nd, call the Department of Social Services at (716) 278-8400

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 12/8/2023 C.A.