

Eat Well...Stay Well Dining
November 2020 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
2) Spaghetti & Meatballs w/ Tomato Sauce Chef Salad w/ Romaine Carrots and Tomato Italian Bread Pineapple (Parmesan pc & Salad Dressing pc)	3) Macaroni and Cheese Casserole  Green Beans with Mushrooms Wheat Bread Fresh Fruit - Orange	4) Seasoned Chicken Breast Pepper Pot Soup w/ Crackers Carrots Wheat Pita Bread Fresh Fruit - Banana 	5) Stuffed Cabbage w/ Meat sauce Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Pear Slices	6) Sliced Turkey Breast with Gravy Sweet Potatoes French Green Beans Rye Bread Cookies
9) Chili Con Carne  Brown Rice Carrots Corn bread Fruit Cocktail	10) Roast Chicken Leg with Gravy Mashed Potatoes Green Beans Biscuit Apricots	11)  VETERANS DAY NO MEALS SERVED	12) Center Cut Pork Chop Mashed Potatoes Bavarian Sauerkraut Wheat Dinner Roll Pumpkin Bavarian	13) Cheese Burger Supreme w/ Lettuce/Tomato/Onion/ pickle Wheat Hamburger Bun Potato Wedges Broccoli Fruited Gelatin (Ketchup & Mustard pc)
16) Breaded Chicken Drums Scalloped Potatoes California Mixed Vegetable Biscuit Marble Pudding	17) Stuffed Green Pepper With Meat Sauce Mashed Potatoes Peas -n- Carrots Wheat Dinner Roll Peaches	18) THANKSGIVING MEAL Roast Turkey Breast Mashed Potatoes w/ Gravy  Baked Squash Stuffing Cranberry Sc Dinner Roll Pumpkin Pie w/ Whip Toppings	19) Grilled Chicken Breast Sandwich w/ Lettuce on Wheat Bun Hearty Vegetable Soup with Crackers Coleslaw Deluxe Fruit Cup (Mayonnaise pc) 	20) Beef Stroganoff over Egg Noodles Mixed Vegetables Wheat Dinner Roll Fresh Fruit - Orange
23) Sweet and Sour Pork w/ Crunchy Chinese Noodles White Rice Peas Wheat Dinner Roll Mandarin Orange Delight	24) 2 Chicken Fingers with Barbeque Sauce Au Gratin Potatoes Spinach Wheat Bread Tropical Fruit (Barbeque pc)	25) Hot Roast Beef Sandwich on Wheat Bun with Gravy  Minestrone Soup w/ Crackers Salad Mix w/ Carrot & Cucumber Peach Crisp (Horseradish & Salad Dressing pc)	26)  No Meals Served	27)  No Meals Served
30) Macaroni & Cheese Casserole Broccoli Wheat Bread Fresh Fruit - Apple	DEC 1 Meatloaf with Gravy Mashed Sweet Potatoes Peas Dinner Roll Brownie (Ketchup pc)	DEC 2 Baked Ham Scalloped Potatoes Mixed Vegetables Rye Bread Chunky Applesauce	DEC 3 BBQ Chicken Breast Mashed Potatoes Spinach Corn Bread Fresh Fruit - Grapes	DEC 4 Cheese Tortellini w/ 3 Meatballs & Tomato Sauce Capri Vegetable Blend Italian Bread Lemon Bavarian (Parmesan pc)

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 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 Lisa G. Smith, RD, CDN FINAL Copy 9/29/2020bbe