









Eat Well...Stay Well Dining
APRIL 2021 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5) Hot Roast Beef Sandwich w/ Gravy Garlic Mashed Romaine & Mesclun Salad with Tomatoes, Carrots and Cucumbers Wheat Hamburger Roll Brownie PC Dressing, Horseradish</p>	<p>6) Lemon Chicken Brown Rice Carrots Corn Bread Orange</p>	<p>7) Cheese Tortellini w/ Meat Sauce Sicilian Veg Blend Italian Bread Sliced Cinnamon Pears PC Parmesan</p>	<p>1) Easter Meal Glazed Ham Whipped Sweet Potatoes Green Bean Casserole Wheat Dinner Roll Rainbow Sprinkled Coconut Cake</p>	<p>2) No Meals Served</p>
<p>12) Cheese Manicotti w/ Tomato Sauce Garlic Spinach Italian Bread Heavenly Hash PC Parmesan</p>	<p>13) Beef Stew Green Beans Biscuit Banana</p> 	<p>14) Chicken Breast Sand w/ Lettuce and Tomato Pepper Pot Soup w/ 1 Pack of Crackers Mixed Vegetables Whole Wheat Hamburger Bun Deluxe Fruit Cup PC Mayo</p> 	<p>15) Salisbury Steak w/ Gravy Baked Sweet Potato Corn Wheat Bread Cookies PC Ketchup</p>	<p>16) Roast Pork Au Jus Diced Creamed Potatoes Mashed Squash Rye Bread Chunky Applesauce</p>
<p>19) Stuffed Cabbage Roll w/ Meat Sauce Mashed Potatoes French Green Beans Dinner Roll Deluxe Fruit Cup</p>	<p>20) Pork Riblet Au Gratin Potatoes Mixed Vegetables Whole Wheat Hot Dog Bun Fruited Gelatin w/ Whipped Topping</p>	<p>21) Mac and Cheese Stewed Tomatoes Wheat Dinner Roll Tropical Fruit Cup</p>	<p>22) Spaghetti & Meatballs Wax Beans Broccoli Wheat Dinner Roll Apricots PC Parmesan</p>	<p>23) Seasoned Greek Chicken Breast with Feta Cheese Greek Potatoes Garden Salad with Tomatoes, Carrots and Cucumbers ½ Whole Wheat Pita Sliced Peaches PC Dressing</p>
<p>26) Center Cut Pork Chop Mashed Sweet Potatoes Bavarian Sauerkraut Wheat Bread Applesauce</p>	<p>27) Cheeseburger Supreme w/ Lettuce, Tomato, Red Onion, Pickle Baked Beans Broccoli and Cauliflower Wheat Hamburger Bun Grapes PC Ketchup, Mustard, Mayo</p>	<p>28) 2 Chicken Drumsticks Ranch Mashed Potatoes Scandinavian Vegetable Blend Rye Bread Sliced Peaches</p>	<p>29) Chili Con Carne w/ 1 Pack of Crackers Seasoned Brown Rice Mixed Vegetables Corn Bread Pineapple</p> 	<p>30) Beef Stroganoff w/ Egg Noodles Garden Salad w/ Tomatoes, Carrots and Cucumbers Corn Wheat Dinner Roll Cookies PC Dressing</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 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.