

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Meatloaf with Gravy Mashed Sweet Potatoes Peas White Bread Brownie (Ketchup pc)	2) Baked Ham Scalloped Potatoes Mixed Vegetables Rye Bread Chunky Applesauce	3) BBQ Chicken Leg Mashed Potatoes Spinach Corn Bread Fresh Fruit - Grapes	4) Cheese Tortellini w/ 3 Meatballs & Tomato Sauce Capri Vegetable Blend Italian Bread Lemon Bavarian (Parmesan pc)
7) Italian Beef & Mushroom Biscuit Bake Wax Beans Carrots Tropical Fruit	8) Roast Pork Au Jus Mashed Potatoes Harvard Beets Wheat Dinner Roll Pear Crisp	9) Grilled Chicken Breast on a Wheat Bun w/ Lettuce Cr of Broccoli & Cheese Soup Crackers  California Mix Vegetable Fresh Fruit – Orange (Mayonnaise pc)	10) Beef Stew Chef Salad w/ Shredded Carrot, Tomato & Cucumber Biscuit Fruited Gelatin w/ Whip Topping (Salad dressing pc)	11) Salisbury Steak w/Gravy Cheesy Mashed Potatoes Green Beans Wheat Bread Cookies
14) Chicken Breast w/Feta Whole Greek Style Potatoes Pepper Pot Soup w/ Crackers Wheat Pita Bread Marble Pudding 	15) Stuffed Cabbage with Meat Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Peaches	16) Macaroni & Cheese Casserole Stewed Tomatoes Wheat Bread Deluxe Fruit Cup	17) Christmas Meal  Chicken Breast Stuffed with Broccoli Twice Baked Potatoes Prince Edward Vegetables Wheat Dinner Roll Cheese Cake w/Cherry Topping	18) Pork Riblet with Barbecue Sc Baked Beans Broccoli Wheat Hamburger Bun Fresh Fruit – Grapes
21) Sliced Turkey Breast with Gravy Mashed Sweet Potatoes Peas Biscuit Fruited Gelatin	22) Center Cut Pork Chop with Gravy Mashed Potatoes Bavarian Sauerkraut Corn Muffin Chunky Applesauce	23) Cheese Burger Supreme w/Lettuce/Tomato/Onion/Pickle Wheat Hamburger Bun Hearty Vegetable Soup w/ Crackers Potato Wedges Pineapple (Ketchup & Mustard pc) 	24) 2 Manicotti with Tomato Sauce Peas and Carrots Italian Bread Christmas Cookies (Parmesan pc)	25) Merry Christmas  <i>No Meals Served</i>
28) Stuffed Pepper with Meat sauce Mashed Potatoes Corn Rye Bread Apricots	29) Grilled Chicken Breast Sandwich w/Lettuce & Tomato on Wheat Hamburger Bun Minestrone Soup w/Crackers Potato Salad Butterscotch Pudding (Mayonnaise pc) 	30) Beef Stroganoff over Egg Noodles Broccoli Wheat Dinner Roll Fresh Fruit - Tangerine	31) 2 Breaded Chicken Drumsticks Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Pumpkin Bavarian	<i>January 1, 2021</i> 

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 11/9/2020 cbe