



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1) Breaded Pork Chop</b> Mashed Sweet Potatoes Bavarian Sauerkraut Wheat Dinner Roll Chunky Applesauce	<b>2) Cheese Burger Supreme</b> w/ Lettuce, Tomato, RO & Pickle Potato Wedges Carrots Wheat Burger Bun Mandarin Oranges (Mayonnaise, Ketchup & Mustard)	<b>3) 2 Cheese Manicotti with Tomato Sauce</b> California Blend Vegetables Italian Bread Fresh Fruit - Banana (Parmesan pc)	<b>4) Turkey Breast with Gravy</b> Mashed Potatoes Brussels Sprouts Fresh Baked Biscuit Pumpkin Bavarian	<b>5) Chili Con Carne</b> Brown Rice Garden Salad w/ Tomato, Carrot & Cucumber 2 pk Crackers Pineapple (Salad Dressing pc)
<b>8) Grilled Chicken Breast on Wheat Hamburger Bun</b> with Lettuce and Tomato Vegetable Soup w/ 1 pk Crackers Potato Salad Fresh Fruit - Tangerine (Mayonnaise pc)	<b>9) Beef Stroganoff over Egg Noodles</b> Broccoli and Cauliflower Fresh Baked Biscuit Fruit Crisp with Whipped Topping	<b>10) Valentines Meal</b> Baked Chicken Breast Creamy Pesto Pasta Sicilian Vegetable Blend Wheat Dinner Roll Red Velvet Cake w/ Cream Cheese Frosting	<b>11) Stuffed Pepper with Meat Sauce</b> Au Gratin Potato Corn Rye Bread Peaches	<b>12) Beef Lasagna with Tomato Sauce</b> Spinach with Garlic Italian Bread Tropical Fruit Cup (Parmesan pc)
<b>15)</b>  No meals served	<b>16) Cheese Tortellini with 3 Meatballs &amp; Tomato Sauce</b> Garden Salad w/ Carrot, Tomato & Cucumber Italian Bread Deluxe Fruit (Salad Dressing pc)	<b>17) Ash Wednesday Egg &amp; Broccoli Breakfast Casserole</b> O'Brien Potatoes Carrots Cinnamon Oat bran Muffin Fruited Gelatin w/ Whip Topping	<b>18) Sweet and Sour Pork with Crunchy Noodles</b> White Rice Broccoli Wheat Dinner Roll Fresh Fruit - Apple	<b>19) Tuna Salad Sandwich on Wheat Bread w/Lettuce and Tomato</b> Minestrone Soup w/ 1 pk crackers Chocolate Pudding with Whipped Topping
<b>22) Glazed Ham</b> Diced Creamed Potatoes Mixed Vegetables Rye Bread Pineapple	<b>23) Baked Chicken Leg with Gravy</b> Mashed Squash Green Beans Corn Bread Applesauce	<b>24) Baked Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Spinach Wheat Bread Cookies	<b>25) Turkey and Cheese Sub</b> w/Lettuce Tomato & Onion Small Hoagie Roll Chicken Cannelloni Soup w/ 1 pk crackers Coleslaw Apricots (Mayonnaise & Mustard pc)	<b>26) Macaroni &amp; Cheese Casserole</b> Broccoli Strawberry Oat bran Muffin Fresh Fruit - Orange
		As Lent Starts Wednesday 2/17 we will be serving meatless meals on Fridays until after Easter.		

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 Colleen B. Eder, RD, CDN FINAL Copy 1/7/2021 cbe