

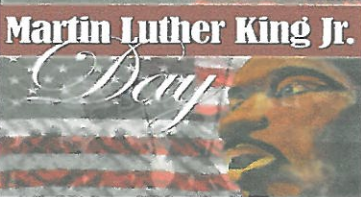


Eat Well...Stay Well Dining
JANUARY 2021 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>January 1, 2021</p> 
<p>4) Breaded Chicken Fingers Fresh Au Gratin Potatoes Peas and Carrots Wheat Dinner Roll Tropical Fruit (Honey Mustard pc)</p>	<p>5) Hot Roast Beef Sandwich with Gravy Garlic Mashed Potatoes Mixed Vegetables Wheat Hamburger Bun Cookies (Horseradish pc)</p>	<p>6) Turkey Breast with Gravy Sweet Potatoes Green Beans Bread Dressing Marble Pudding</p>	<p>7) Veal Parmesan w/Tomato Sauce and Penne Pasta Cauliflower Italian Bread Apricots</p>	<p>8) Sweet and Sour Pork with Crunchy Noodles White Rice Broccoli Mandarin Orange Delight with Whip Topping</p>
<p>11) Meatloaf with Gravy Mashed Potatoes Confetti Corn White Bread Pumpkin Bavarian (Ketchup pc)</p>	<p>12) Glazed Ham Scalloped Potatoes Green Beans Rye Bread Fresh Fruit - Orange</p>	<p>13) Baked Chicken Leg with Gravy Seasoned Brown Rice Mashed Squash Corn Bread Applesauce Gelatin</p>	<p>14) Macaroni & Cheese Casserole Broccoli Wheat Bread Deluxe Fruit Cup</p>	<p>15) Cheese Tortellini w/ Meat sauce Key West Blend Vegetables Italian Bread Cinnamon Pears</p>
<p>18) </p>	<p>19) Grilled Chicken Breast Sandwich on Wheat Hamburger Bun Seasoned White Rice Spinach Pineapple (Mayonnaise pc)</p>	<p>20) Beef Stew Corn Biscuit Fresh Fruit – Apple</p>	<p>21) Roast Pork Au Jus Scalloped Potatoes Carrots Wheat Bread Applesauce</p>	<p>22) Salisbury Streak w/Gravy Mashed Sweet Potatoes Wax Beans Wheat Dinner Roll Brownie</p>
<p>25) Chicken Ala King Carrots Biscuit Fresh Fruit - Tangerine</p>	<p>26) Spaghetti and Meatballs with Tomato Sauce Broccoli Italian Bread Apple Crisp (Parmesan Cheese pc)</p>	<p>27) Pork Riblet w/BBQ Sauce Ranch Mashed Potato Mixed Vegetables Wheat Hot Dog Bun Cookies</p>	<p>28) Stuffed Cabbage with Meat Sauce Mashed Potatoes Green Beans Wheat Dinner Roll Tropical Fruit</p>	<p>29) Seasoned Chicken Breast with Feta Cheese Whole Greek Seasoned Potatoes Spinach Wheat Pita Bread Peaches</p>

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 12/2/2020 cbe