






Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) Chicken Salad Sandwich w/ Lettuce and Tomato Minestrone Soup w/ 1 pk Crackers Wheat Hamburger Bun Sliced Pears</p>	<p>4) Sliced Turkey w/ Gravy Mashed Potatoes Peas Biscuit Tropical Fruit</p>	<p>5) Creamy Vegetable Lasagna Garden Salad w/ Cucumber, Carrot and Tomato Italian Bread Banana PC Dressing</p>	<p>6) <i>Mother's Day Meal</i> Lemon Chicken Rice Pilaf Garden Salad w/ Romaine and Spring Mix, Tomatoes, Cucumbers and Croutons Whole Wheat Dinner Roll Cheese Cake with Cherry Topping PC Dressing</p>	<p>7) Stuffed Pepper From Scratch w/ Tomato Sauce Ranch Mashed Potatoes Spinach Wheat Dinner Roll Marble Pudding</p> 
<p>10) Egg and Broccoli Breakfast Casserole O'Brien Potatoes Key West Blend Vegetables Muffin Pineapple</p>	<p>11) Hot Roast Beef Sandwich w/ Gravy Garlic Mashed Potatoes Brussels Sprouts Wheat Hamburger Roll Heavenly Hash</p>	<p>12) Spaghetti and Meatballs California Vegetable Blend Italian Bread Fruit Cocktail PC Parm</p>	<p>13) Sweet and Sour Pork w/ Crunchy Noodles Seasoned Brown Rice Broccoli Wheat Bread Deluxe Fruit Cup</p>	<p>14) Turkey and Cheese Sub w/ Lettuce, Tomato and Onion Macaroni Salad Carrots Wheat Sub Roll Orange PC Mayo</p>
<p>17) Sliced Glazed Ham Sweet Potato Corn Wheat Dinner Roll Apple</p>	<p>18) Cheese Tortellini w/ Tomato Sauce and Meatballs Garden Salad w/ Tomato, Cucumber and Carrot Italian Bread Sliced Peaches PC Parm, Dressing</p>	<p>19) Meatloaf w/ Gravy Ranch Mashed Potatoes Green Beans Wheat Dinner Roll Pear Crisp</p>	<p>20) Swedish Meatballs Over Egg Noodles Broccoli Wheat Bread Apricots</p>	<p>21) Mac and Cheese Stewed Tomatoes Wheat Bread Orange</p>
<p>24) Cheese Manicotti w/ Tomato Sauce Broccoli Italian Bread Deluxe Fruit Cup PC Parm</p> 	<p>25) Roast Pork Au Jus Diced Creamed Potatoes Bavarian Sauerkraut Wheat Dinner Roll Pumpkin Bavarian w/ Whipped Topping</p> 	<p>26) Chicken Breast Sandwich w/ Lettuce and Tomato Broccoli and Cheese Soup w/ 1 pk Crackers Wheat Hamburger Bun Tropical Fruit Cup PC Mayo</p>	<p>27) Beef Stew Brussels Sprouts Biscuit Mandarin Orange Delight</p> 	<p>28) Salisbury Steak w/ Gravy Whipped Sweet Potatoes Harvard Beets Rye Bread Banana</p>
<p>MEMORIAL DAY REMEMBER THE SACRIFICE</p>  <p>No meals served</p>	<p>Did you change your batteries in your smoke detector after Daylight Savings Time??</p>	<p>How much is enough water?? You should be drinking 1oz of water for every pound you weigh, a day! (Fruits and vegetables have a high water content too!)</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.
Menus approved by Connor Abbntr. RD. 3/22/2020 FINAL Coov C.A.