







Monday	Tuesday	Wednesday	Thursday	Friday
	<b><u>Have you submitted your Early Outreach HEAP application yet??</u></b>	<i>Contact the Office for the Aging for help with your HEAP application today!</i>  716-438-3030		<b>1) Greek Chicken Breast w/ Feta</b> Whole Style Greek Potatoes Spinach ½ Wheat Pita Orange
<b>4) Sliced Turkey Breast w/ Gravy</b> Sweet Potato Peas Biscuit Cookie	<b>5) Breaded Bone-In Pork Chop</b> Mashed Squash Bavarian Kraut Stuffing Chunky Applesauce	<b>6) 2 Cheese Manicotti w/ Tomato Sauce</b> Broccoli Italian Bread Sliced Peaches PC Parm	 <b>7) Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Carrots Wheat Bread Tropical Fruit	<b>8) Chili Con Carne w/ Crackers</b> Seasoned Brown Rice French Green Beans Corn Bread Deluxe Fruit Cup
<b>11) Columbus Day</b>  <b>No Meals Served</b>	<b>12) BBQ Chicken Drumsticks</b> Baked Beans Sicilian Blend Vegetables Muffin Mandarin Orange Delight	<b>13) Beef Stroganoff Over Egg Noodles</b> Mixed Vegetables Wheat Dinner Roll Pineapple	<b>14) Vegetable Lasagna</b> Spinach Italian Bread Tangerine PC Parm	<b>15) Pork Riblet w/ BBQ Sauce</b> Minestrone Soup w/ Crackers Cole Slaw Wheat Hoagie Roll Cinnamon Pears
<b>18) Sweet and Sour Pork w/ Crunchy Noodles</b> Seasoned Brown Rice Broccoli Wheat Bread Sliced Peaches	<b>19) Mac and Cheese Casserole</b> Stewed Tomatoes Rye Bread Tropical Fruit Cup	 <b>20) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion</b> Hearty Vegetable Soup w/ Crackers Healthy Jello Wheat Hoagie Roll Apricots PC Mayo	<b>21) Roast Beef Sandwich w/ Gravy</b> Garlic Mashed Potatoes Garden Salad w/ Tomato, Cucumber and Carrot Wheat Hamburger Bun Mandarin Oranges PC Horseradish, Ketchup, Dressing	<b>22) Stuffed Pepper w/ Meat Sauce</b> Parsley Potatoes Corn Wheat Dinner Roll Brownie
<b>25) Turkey Ala King</b> Mashed Potatoes Peas and Carrots Biscuit Orange	<b>26) Sliced Baked Ham</b> Whipped Sweet Potatoes Brussels Sprouts Rye Bread Banana	<b>27) Lemon Chicken</b> Seasoned Brown Rice Broccoli Salad Muffin Fruited Gelatin w/ Whipped Topping	<b>28) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Lentil and Brown Rice Soup w/ Crackers Mixed Vegetables Wheat Hamburger Bun Heavenly Hash	<b>29) Cheese Tortellini w/ Tomato Sauce and Meatballs</b> Broccoli Italian Bread Apple PC Parm 

Happy Halloween!

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 Connor Abbott, RD FINAL Copy 9/1/2021