

**Nutrition Office /ell...Stay Well DiningNiagara County** **SEPTEMBER2020-** Menu for Dining Sites Office for the Aging  
**438-4031**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>August 31 Salisbury Steak w/Gravy</b> Au Gratin Potatoes Brussels Sprouts Wheat Dinner Roll Cinnamon Pears	<b>Sept 1 Chicken Salad over Leaf Lettuce</b> Pickled Beets Tricolor Pasta Salad Rye Bread Fresh Fruit - Cantaloupe	<b>Sept 2 Cheese Burger Supreme</b> w/ Lettuce, Tomato, Onion & Pickle Potato Wedges Cucumber & Tomato Salad Wheat Hamburger Bun Fresh Fruit - Grapes (Ketchup & Mustard pc)	<b>Sept 3 Vegetable Lasagna with Cream Sauce</b> Carrots Italian Bread Pineapple Chunks	<b>Sept 4 Barbeque Pork Riblet</b> Baked Beans Cauliflower Wheat Hamburger Roll S'more Pudding Parfait
<b>7)</b>  <i>No Meals Served</i>	<b>8) Goulash</b> Mixed Vegetables Wheat Bread Tropical Fruit Cup (Parmesan Cheese pc)	<b>9) 2 Chicken Fingers with Barbeque Sauce</b> Macaroni and Cheese Coleslaw Corn Muffin Melon Cup (Barbeque pc)	<b>10) Turkey Strips over Salad Greens and Vegetables</b> (Romaine & Salad Mix w/ Carrot, Cucumber & Red Onion) Pea and Pasta Salad Wheat Dinner Roll Brownie (Salad Dressing pc)	<b>11) Roast Beef &amp; Cheese Submarine w/ Lettuce, Tomato &amp; Onion</b> Broccoli and Bacon Salad Small Sub Roll Fruited Gelatin w/ Whip Top (Mayonnaise & Mustard pc)
<b>14) Turkey Ala King</b> Mashed Potatoes Carrots Biscuit Peaches	<b>15) Grilled Chicken Breast with Barbeque</b> Baked Beans Macaroni Salad Blueberry Muffin Fresh Fruit - Watermelon	<b>16) Cheese Tortellini with 3 Meatballs &amp; Tomato Sauce</b> Broccoli Italian Bread Marble Pudding (Parmesan Cheese)	<b>17) Italian Beef &amp; Mushroom Bake</b> Cauliflower Tomato and Cucumber Salad Apricots	<b>18) Garden Burger w/ Salsa</b> Wheat Hamburger Bun Seasoned Diced Potato Mixed Vegetable Cookies (Ketchup & Mustard PC)
<b>21) Grilled Chicken Breast on a Wheat Bun w/ Lettuce</b> Italian Pasta Salad Cauliflower Butterscotch Pudding w/ Whipped Topping (Mayonnaise pc)	<b>22) Broccoli &amp; Cheese Strata</b> Potato Wedges Zucchini and Tomato Wheat Bread Pears	<b>23) Breaded Pork Chop</b> Seasoned Baked Squash Bavarian Sauerkraut Whole Wheat Dinner Roll Cinnamon Applesauce	<b>24) Sliced Turkey with Gravy</b> Bread Stuffing Mixed Vegetables Biscuit Deluxe Fruit Salad	<b>25) Cheese Burger Supreme w/</b> Lettuce, Tomato, Onion & Pickle 2 Type Potato Salad Marinated Cucumber, Tomato & Peppers Wheat Hamburger Bun Fresh Fruit - Watermelon (Ketchup & Mustard PC)
<b>28) Mild Italian Sausage Link w/ Peppers and Onions</b> Scalloped Potatoes California Blend Veggies Hot Dog Bun Fresh Fruit - Apple (Ketchup & Mustard PC)	<b>29) Mushroom Swiss Burger</b> German Potato Salad Carrots Wheat Hamburger Bun Fruited Tapioca Pudding (Ketchup & Mustard PC)	<b>30) Marinated Chicken Strips over Romaine w/</b> Carrot, Red Cabbage, Tomato, G. Pepper, Garbanzo Beans, Red Onion & Feta Macaroni Salad Wheat Pita Bread Pineapple (Salad Dressing pc)	<b>Oct 1 Sweet and Sour Pork w/ Crunchy Chinese Noodles</b> Brown Rice Broccoli Wheat Dinner Roll Fruited Gelatin w/Topping	<b>Oct 22 Cheese Manicotti with Tomato Sauce</b> Seasoned Spinach Italian Bread Pears (Parmesan Cheese PC)

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 7/29/2020cbe