## Nutrition Office 716-438-4031

## Eat Well...Stay Well Dining APRIL 2024 - Menu for Dining Sites

## Niagara County Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
1) BBQ Pork Riblet Potato Salad Seasoned Carrots Whole Wheat Hoagie Roll Heavenly Hash	2) Julienne Salad w/ Ham, Bleu Cheese and Croutons Minestrone Soup w/ Crackers Whole Wheat Dinner Roll Fresh Orange PC Dressing	3) Hot Dog w/ Chili Sauce 3 Bean Salad Confetti Corn Whole Wheat Hot Dog Bun Cinnamon Applesauce PC Ketchup, Mustard	4) Chicken Drumsticks Baked Beans Parslied Cauliflower Muffin Homemade Pear Crisp w/ Whipped Topping	5) Homemade Salisbury w/ Gravy Au Gratin Potatoes Seasoned Broccoli Biscuit Deluxe Fruit Cup PC Ketchup
8) Breakfast Casserole w/ Cheddar and Sausage Hash Brown Patty Garden Salad Muffin Banana PC Dressing	9) Hot Roast Beef Sandwich w/ Gravy Two Type Potato Salad Seasoned Green Beans Whole Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Horseradish	10) Turkey and Grape Salad Sandwich Tri-Color Pasta Salad Tomato and Cucumber Slices ½ Whole Wheat Pita Fruited Gelatin w/ Whipped Topping	Casserole Seasoned Broccoli and Cauliflower Whole Wheat Bread Cinnamon Sliced Pears	12) BBQ Pulled Pork Sandwich w/ Pickle Chips Pepper Pot Soup w/ Crackers Coleslaw Whole Wheat Hamburger Bun Mandarin Oranges
15) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion Pea and Pasta Salad Hearty Vegetable Soup w/ Crackers 2 Slices Wheat Bread Deluxe Fruit Cup PC Mayo, Mustard	16) Chicken Thighs w/ Gravy Baked Sweet Potato Seasoned Brussels Sprouts Rye Bread Cookie	17) Cheese Tortellini w/ Meatballs and Tomato Sauce Spinach Salad Italian Bread Pineapple PC Parm	18) Baked Meatloaf w/ Gravy Garlic Mashed Potatoes Seasoned Peas Whole Wheat Dinner Roll Banana PC Ketchup	19) Julienne Salad w/ Turkey, Cheddar and Chickpeas Potato Salad Biscuit Fresh Orange PC Dressing
22) Ranch Chicken Pasta Salad Marinated Vegetable Salad Muffin Applesauce	23) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion Mac and Cheese Glazed Carrots Whole Wheat Hamburger Bun Tangerine PC Mayo	24) Polish Sausage Sweet Potato Wedges Bavarian Kraut Whole Wheat Hot Dog Bun Heavenly Hash PC Ketchup, Mustard	25) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion Pickled Beets Caesar Salad 2 Slices Whole Wheat Bread Fruited Gelatin w/ Whipped Topping PC Dressing	26) Roast Pork w/ Gravy Mashed Potatoes Seasoned Green Beans Whole Wheat Dinner Roll Sunshine Bar
29) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion Harvard Beets Seasoned Peas and Carrots Whole Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Mustard	30) Chicken Stew Seasoned Spinach Biscuit Mandarin Oranges	April	Be sure to check out your local farmer's market for fresh fruits and vegetables!	