






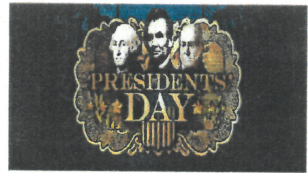


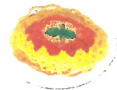


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Reach out to our office for help creating your living will. The attorney's schedule can be found in our monthly newsletter!</b></p>		<p><i>Winter Travel Checklist</i></p> <ul style="list-style-type: none"> <li>• Blankets</li> <li>• Extra clothes</li> <li>• Extra food and water</li> <li>• Charged cell phone</li> </ul>	<p><i>Winter Travel Checklist</i></p> <ul style="list-style-type: none"> <li>• At least a 1/2 tank of gas</li> <li>• Check your tires for tread and air pressure</li> <li>• Check the weather before you leave</li> </ul>	
<p>3) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Minestrone Soup w/ Crackers Garden Salad Whole Wheat Hoagie Roll Heavenly Hash PC Dressing, Mayo</p> 	<p>4) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir Fry Vegetable Blend Whole Wheat Dinner Roll Cookie</p>	<p>5) Stuffed Pepper w/ Tomato Sauce Seasoned Carrots Italian Bread Cinnamon Pears</p>	<p>6) Homemade Macaroni and Cheese Casserole Seasoned Broccoli Whole Wheat Bread Banana</p>	<p>7) Hot Roast Beef Sandwich w/ Gravy Garlic Mashed Potatoes Seasoned Peas Wheat Hamburger Bun Pineapple PC Horseradish, Ketchup</p> 
<p>10) Turkey Ala King Over Egg Noodles Mixed Vegetables Biscuit Fresh Orange</p> 	<p>11) Sliced Baked Ham Scalloped Potatoes Seasoned Brussels Sprouts Rye Bread Sliced Peaches</p>	<p><b>12) Valentines Meal</b> <b>Breaded Baked Chicken Breast</b> Creamy Pesto Pasta Sicilian Vegetable Blend Pumpnickel Bread Red Velvet Cake w/ Cream Cheese Frosting</p> 	<p>13) Homemade Baked Meatloaf w/ Gravy Cheesy Mashed Potatoes California Vegetable Blend Whole Wheat Dinner Roll Tropical Fruit Cup PC Ketchup</p> 	<p>14) BBQ Chicken Thighs Baked Beans Coleslaw Biscuit Mandarin Oranges</p>
<p>17) <i>No meals served</i></p> 	<p>18) Chicken Sandwich w/ Lettuce, Tomato, Onion Chicken Cannelloni Soup w/ Crackers Seasoned Peas and Carrots Wheat Hamburger Bun Deluxe Fruit Cup PC Mayo</p> 	<p>19) Beef Stew Seasoned Broccoli Biscuit Banana</p>	<p>20) Roast Pork Au Jus Baked Sweet Potato Wax Beans Whole Wheat Dinner Roll Applesauce</p>	<p>21) Goulash Seasoned Carrots Italian Bread Tangerines PC Parm</p>
<p>24) Greek Seasoned Chicken Breast w/ Feta Cheese Seasoned Brown Rice Spinach Salad ½ Whole Wheat Pita Tropical Fruit Cup PC Greek Dressing (for Chicken)</p>	<p>25) Chicken Stew Seasoned Cauliflower Biscuit Pumpkin Bavarian</p>	<p>26) Stuffed Cabbage Roll Casserole Mixed Vegetables Whole Wheat Dinner Roll Heavenly Hash</p>	<p>27) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup w/ Crackers Caesar Salad 2 Slices Whole Wheat Bread Mandarin Oranges PC Dressing</p> 	<p>28) Spaghetti and Meatballs w/ Tomato Sauce Seasoned Spinach and Tomatoes Italian Bread Fruited Gelatin w/ Whipped Topping PC Parm</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 716-438-4031 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, 12/28/2024 CA