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<p>Facing electricity or heating shut-off? Emergency HEAP opens January 2nd, call the Department of Social Services at (716) 278-8400</p>	<p><u>Deadline to place reservation for Valentine's Day</u> <u>Holiday meal is 1/27!</u></p> 	<p>1) No Meals</p> 	<p>2) Chicken Thighs w/ Gravy Baked Beans Seasoned Carrots Muffin Fresh Orange</p> 	<p>3) Cheese Tortellini w/ Meatballs and Tomato Sauce Mixed Vegetables Italian Bread Banana PC Parm</p> 
<p>6) Beef Stew Seasoned Green Beans Biscuit Tropical Fruit Cup</p>	<p>7) Egg and Broccoli Frittata Stewed Tomatoes Garden Salad Wheat Dinner Roll Sliced Peaches PC Dressing</p>	<p>8) Roast Pork Au Jus Baked Sweet Potato California Vegetable Blend Rye Bread Applesauce</p>	<p>9) Goulash Peas and Carrots Wheat Bread Pineapple PC Parm</p> 	<p>10) Chicken Sandwich w/ Lettuce, Tomato, Onion Tomato Florentine Soup w/ Crackers Parslied Cauliflower Wheat Hamburger Bun Apple Crisp w/ Whipped Topping PC Mayo</p> 
<p>13) Spaghetti and Meatballs w/ Tomato Sauce Seasoned Spinach Italian Bread Tangerines PC Parm</p> 	<p>14) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Hearty Vegetable Soup w/ Crackers Cold Vegetable Salad 2 Slices Wheat Bread Heavenly Hash</p> 	<p>15) Chicken Stew Seasoned Brussels Sprouts Biscuit Brownie</p>	<p>16) Stuffed Cabbage Roll Casserole Italian Vegetable Blend Wheat Dinner Roll Cinnamon Applesauce</p>	<p>17) Greek Seasoned Chicken Breast Seasoned Brown Rice Seasoned Peas ½ Wheat Pita Deluxe Fruit Cup</p>
<p>20) No Meals</p> 	<p>21) 2 Cheese Manicotti w/ Tomato Sauce Glazed Carrots Italian Bread Tropical Fruit Cup PC Parm</p>	<p>22) Chili Con Carne French Green Beans Corn Muffin Fruited Gelatin w/ Whipped Topping</p>	<p>23) Sliced Turkey Breast w/ Gravy Mashed Potatoes Seasoned Broccoli Wheat Dinner Roll Pumpkin Bavarian</p> 	<p>24) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Sweet Potato Wedges Scandinavian Vegetable Blend Wheat Hamburger Bun Sliced Peaches PC Ketchup, Mustard</p>
<p>27) Chicken Drumsticks Au Gratin Potatoes Seasoned Cauliflower Wheat Bread Mandarin Oranges</p>	<p>28) Beef Lasagna Spinach Salad Italian Bread Deluxe Fruit Cup PC Parm</p> 	<p>29) Homemade Salisbury Steak w/ Gravy Harvard Beets Italian Vegetable Blend Wheat Dinner Roll Banana</p> 	<p>30) BBQ Pork Riblet Broccoli and Cheddar Soup w/ Crackers Coleslaw Wheat Hoagie Roll Pineapple</p> 	<p>31) Beef Stroganoff Over Egg Noodles Seasoned Brussels Sprouts Cinnamon Raisin Bread Fruited Gelatin w/ Whipped Topping</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, Final Copy 11/25/2024 C.A.