













Monday	Tuesday	Wednesday	Thursday	Friday
<p>2)</p>  <p><i>No Meals Served</i></p>	<p>3) Breakfast Casserole w/ Cheddar and Sausage Hash Brown Patty Wax Beans Whole Wheat Bread Sunshine Bar</p>	<p>4) BBQ Pulled Pork w/ BBQ Sauce and Pickle Chips Mac and Cheese Coleslaw Egg Washed Roll Mandarin Oranges</p>	<p>5) Turkey and Grape Salad Sandwich Hearty Vegetable Soup w/ Crackers Caesar Salad ½ Wheat Pita Banana</p> 	<p>6) Hot Roast Beef Sandwich w/ Gravy Mashed Potatoes Seasoned Peas Whole Wheat Hamburger Bun Cookie PC Horseradish, Ketchup</p>
<p>9) Cheese Tortellini w/ Meatballs and Tomato Sauce Spinach and Bacon Salad Italian Bread Fresh Grapes PC Parm</p>	<p>10) BBQ Chicken Thighs Potato Salad Glazed Carrots Muffin Deluxe Fruit Cup</p>	<p>11) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion Harvard Beets Mixed Vegetables 2 Slices Whole Wheat Bread Fresh Orange PC Mayo, Mustard</p>	<p>12) Baked Homemade Meatloaf w/ Gravy Cheesy Mashed Potatoes Seasoned Green Beans Whole Wheat Dinner Roll Sliced Peaches PC Ketchup</p>	<p>13) Julienne Salad w/ Turkey, Cheddar Cheese and Chickpeas Tri-Color Pasta Salad Biscuit Fruited Gelatin w/ Whipped Topping PC Dressing</p> 
<p>16) Breaded Chicken Patty Sandwich w/ Lettuce Tomato Onion Tomato Florentine Soup w/ Crackers Seasoned Broccoli and Cauliflower Whole Wheat Hamburger Bun Fresh Watermelon PC Mayo</p> 	<p>17) Polish Sausage Baked Sweet Potato Bavarian Kraut Whole Wheat Hot Dog Bun Brownie PC Ketchup, Mustard</p>	<p>18) Ranch Chicken Pasta Salad Garden Salad Muffin Fresh Cantaloupe and Honeydew Melon PC Dressing</p> 	<p>19) Roast Pork w/ Gravy Scalloped Potatoes Broccoli Salad Rye Bread Cinnamon Applesauce</p> 	<p>20) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion Confetti Macaroni Salad California Vegetable Blend 2 Slices Whole Wheat Bread Fresh Orange</p>
<p>23) Chicken Stew Mixed Vegetables Biscuit Mandarin Oranges</p> 	<p>24) Meatball Sub w/ Tomato Sauce and Mozzarella Spaghetti Salad Caesar Salad Whole Wheat Hoagie Roll Tropical Fruit Cup PC Parm</p>	<p>25) Tuna Noodle Casserole Seasoned Green Beans Whole Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping</p>	<p>26) Egg Salad Sandwich w/ Lettuce, Tomato, Onion Pepper Pot Soup w/ Crackers Marinated Vegetable Salad 2 Slices Whole Wheat Bread Tangerines</p>	<p>27) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion Sweet Potato Wedges Stewed Tomatoes Whole Wheat Hamburger Bun Apricots PC Ketchup, Mustard</p> 
<p>30) Turkey Cobb Salad Pea and Pasta Salad Muffin Heavenly Hash PC Dressing</p> 		<p><i>When was the last time you had a mammogram or prostate exam?</i></p> <p><i>Don't forget to schedule yours with your doctor!</i></p>		<p><i>If you received HEAP last year, be on the lookout for your Early Outreach Application in the mail!</i></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 7/22/2024 C.A.