


















Eat Well...Stay Well Dining
DECEMBER 2025 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
1) Roast Pork w/ Gravy Garlic Mashed Potatoes Seasoned Peas and Carrots Wheat Bread Applesauce 	2) Stuffed Cabbage Roll Casserole Confetti Corn Wheat Dinner Roll Deluxe Fruit Cup	3) Chicken Stew Seasoned Green Beans Biscuit Fresh Orange 	4) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Pepper Pot Soup w/ Crackers Garden Salad 2 Slices Rye Bread Heavenly Hash PC Dressing 	5) Spaghetti and Meatballs w/ Tomato Sauce Seasoned Spinach and Tomatoes Italian Bread Pineapple PC Parm
8) Sliced Turkey Breast w/ Gravy Mashed Butternut Squash Seasoned Brussels Sprouts Biscuit Cookie 	9) Bone-In Pork Chop Baked Sweet Potato Bavarian Sauerkraut Stuffing Banana	10) Cheeseburger w/ Lettuce, Tomato, Onion, Pickle Tomato Florentine Soup w/ Crackers Mixed Vegetables Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Mustard 	11) 2 Cheese Manicotti w/ Tomato Sauce Seasoned Wax and Green Beans Italian Bread Fresh Orange PC Parm	12) Chili Con Carne w/ Crackers Caesar Salad Corn Muffin Sliced Pears 
15) Homemade Salisbury Steak w/ Gravy Sweet Potato Wedges California Vegetable Blend Cinnamon Raisin Bread Fruit Cocktail PC Ketchup 	16) BBQ Pork Riblet Baked Beans Coleslaw Wheat Hoagie Roll Mandarin Oranges 	17) Christmas Meal Chicken Breast Stuffed with Broccoli Twice Baked Potatoes Prince Edward Vegetables Whole Wheat Dinner Roll Cheesecake 	18) Beef Stroganoff Over Egg Noodles Glazed Carrots Wheat Bread Pineapple	19) Vegetable Lasagna Seasoned Broccoli Italian Bread Fruited Gelatin w/ Whipped Topping
22) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread Sliced Peaches	23) Breaded Chicken Drumsticks Mashed Potatoes Sicilian Vegetable Blend Wheat Dinner Roll Tangerines	24) Homemade Mac and Cheese Casserole Seasoned Broccoli and Cauliflower Rye Bread Brownie 	25) Merry Christmas  No Meals Served	26) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Hearty Vegetable Soup w/ Crackers Fresh Spinach Salad Wheat Hoagie Roll Banana PC Mayo 
29) Turkey Ala King Over Egg Noodles Mixed Vegetables Biscuit Deluxe Fruit Cup	30) Sliced Baked Ham Scalloped Potatoes Seasoned Brussels Sprouts Rye Bread Cookie 	31) Baked Homemade Meatloaf w/ Gravy Mashed Sweet Potatoes Seasoned Peas Cinnamon Raisin Bread Mandarin Oranges PC Ketchup 	Looking for where to schedule a Covid booster or flu shot? You can call NY Connects for help! 716-438-3030	<u>Happy Holidays to you and yours!</u>   

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 11/2/2025 C.A.