





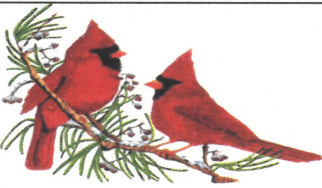



**Eat Well...Stay Well Dining**  
**DECEMBER 2024 - Menu for Dining Sites**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion</b> Chicken Cannelloni Soup w/ Crackers Seasoned Carrots Whole Wheat Hamburger Bun Applesauce PC Mayo	<b>3) Beef Stew</b> Parslied Cauliflower Biscuit Sliced Peaches 	<b>4) Goulash</b> Peas and Carrots Italian Bread Tropical Fruit Cup PC Parm	<b>5) Egg and Broccoli Frittata</b> O'Brien Potatoes Stewed Tomatoes Muffin Flavored Pudding w/ Whipped Topping	<b>6) Roast Pork w/ Gravy</b> Mashed Potatoes Spinach Salad Rye Bread Banana
<b>9) Stuffed Cabbage Roll Casserole</b> Confetti Corn Whole Wheat Bread Apricots	<b>10) Spaghetti and Meatballs w/ Tomato Sauce</b> Garlic Spinach Italian Bread Fresh Orange PC Parm	<b>11) Greek Seasoned Chicken Breast</b> Seasoned Brown Rice Garden Salad ½ Wheat Pita Fruited Gelatin w/ Whipped Topping PC Greek Dressing	<b>12) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion</b> Pepper Pot Soup w/ Crackers Cold Vegetable Salad 2 Slices Whole Wheat Bread Pineapple	<b>13) Chicken Stew</b> Seasoned Broccoli Whole Wheat Dinner Roll Heavenly Hash 
<b>16) Breaded Bone In Pork Chop</b> Baked Sweet Potato Bavarian Sauerkraut Biscuit Peach Crisp w/ Whipped Topping 	<b>17) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Brown Rice and Lentil Soup w/ Crackers Glazed Carrots Whole Wheat Hamburger Bun Deluxe Fruit Cup PC Ketchup, Mustard	<b>18) Christmas Meal</b> <b>Chicken Breast Stuffed with Broccoli</b>  Twice Baked Potatoes Prince Edward Vegetables Whole Wheat Dinner Roll Cheesecake	<b>19) 2 Cheese Manicotti w/ Tomato Sauce</b> Mixed Vegetables Italian Bread Banana PC Parm	<b>20) Sliced Turkey Breast w/ Gravy</b> Mashed Squash California Vegetable Blend Stuffing Sliced Pears
<b>23) Pork Riblet w/ BBQ Sauce</b> Baked Beans Seasoned Brussels Sprouts Whole Wheat Hoagie Roll Mandarin Oranges	<b>24) Breaded Chicken Drumsticks</b> Au Gratin Potatoes Italian Vegetable Blend Cinnamon Raisin Bread Tropical Fruit Cup 	<b>25) Merry Christmas</b>  <b>No Meals Served</b>	<b>26) Homemade Salisbury Steak w/ Gravy</b> Mashed Potatoes Seasoned Spinach Biscuit Sliced Peaches	<b>27) Beef Stroganoff Over Egg Noodles</b> Caesar Salad Whole Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping
<b>30) Homemade Macaroni and Cheese Casserole</b> Seasoned Broccoli Rye Bread Pineapple	<b>31) Stuffed Pepper w/ Tomato Sauce</b> Seasoned Peas Italian Bread Cookie		<b>Looking for where to schedule a Covid booster or flu shot?</b> <b>You can call NY Connects for help!</b> <b>716-438-3030</b>	<b><u>Please place your reservation for the Christmas Meal by November 27<sup>th</sup>!</u></b> 

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 11/5/2024 C.A.