

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Facing electricity or heating shut-off? Emergency HEAP opens January 2<sup>nd</sup>, call the Department of Social Services at (716) 278-8400</p>	<p><b><u>Deadline to place your reservation for the Valentine's Day Holiday meal is 1/12!</u></b></p> 		<p>1) No Meals</p> 	<p>2) BBQ Chicken Thighs Harvard Beets Italian Vegetable Blend Corn Muffin Cinnamon Applesauce</p>
<p>5) Chicken Breast Sandwich w/ Lettuce, Tomato, Onion Sweet Potato Wedges Seasoned Carrots Wheat Hamburger Bun Tropical Fruit Cup PC Mayo</p> 	<p>6) Beef Stew Parslied Cauliflower Biscuit Sliced Pears</p> 	<p>7) Goulash Seasoned Green Beans Italian Bread Pineapple PC Parm</p>	<p>8) Breakfast Casserole w/ Cheddar and Sausage O'Brien Potatoes Stewed Tomatoes Rye Bread Pudding w/ Whipped Topping</p>	<p>9) Roast Pork Au Jus Mashed Butternut Squash Bavarian Sauerkraut Wheat Dinner Roll Heavenly Hash</p>
<p>12) Stuffed Cabbage Roll Casserole Hash Browns Caesar Salad Muffin Fruited Gelatin w/ Whipped Topping PC Ketchup</p>	<p>13) Ham Salad Sandwich Brown Rice and Lentil Soup w/ Crackers Seasoned Broccoli 2 Slices Wheat Bread Sliced Peaches</p> 	<p>14) Breaded Bone In Pork Chop Baked Sweet Potato Seasoned Peas Wheat Bread Apple Crisp w/ Whipped Topping</p>	<p>15) Spaghetti and Meatballs w/ Marinara Sauce Seasoned Spinach and Tomatoes Italian Bread Tangerines PC Parm</p> 	<p>16) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Seasoned Brussels Sprouts ½ Wheat Pita Pumpkin Bavarian w/ Whipped Topping</p> 
<p>19) No Meals</p> 	<p>20) Chicken Stew Mixed Vegetables Biscuit Applesauce</p> 	<p>21) Beef Lasagna Fresh Spinach Salad Italian Bread Fruited Gelatin w/ Whipped Topping PC Parm</p>	<p>22) Chili Con Carne w/ Crackers Seasoned Green Beans Corn Muffin Fresh Orange</p> 	<p>23) 2 Cheese Manicotti w/ Marinara Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm, Dressing</p>
<p>26) BBQ Pork Riblet Baked Beans Coleslaw Wheat Hoagie Roll Mandarin Oranges</p>	<p>27) Swedish Meatballs Over Egg Noodles Mixed Vegetables Biscuit Tropical Fruit Cup</p>	<p>28) Sloppy Joe on a Wheat Hamburger Bun Minestrone Soup w/ Crackers Seasoned Wax Beans Banana</p> 	<p>29) Breaded Chicken Drumsticks Sweet Potato Wedges California Vegetable Blend Wheat Dinner Roll Sliced Pears</p>	<p>30) Homemade Salisbury Steak w/ Gravy Au Gratin Potatoes Seasoned Peas and Carrots Cinnamon Raisin Bread Tangerines PC Ketchup</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 11/29/2025 C.A.