












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

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Scalloped Potatoes Seasoned Green Beans Wheat Hamburger Bun Cantaloupe, Honeydew and Grapes PC Ketchup, Mustard 	2) 4th of July Meal Hot Dog Baked Beans Confetti Corn Whole Wheat Hot Dog Bun Strawberry Shortcake PC Ketchup, Mustard, Relish	3) Broccoli and Cheese Strata O'Brien Potatoes Stewed Tomatoes Corn Muffin Sliced Peaches	4) No meals <i>Closed in observance of Independence Day</i> 
7) Julienne Salad w/ Ham, Bleu Cheese Crumbles and Croutons Pea and Pasta Salad Biscuit Deluxe Fruit Cup PC Dressing 	8) Italian Sausage w/ Peppers and Onions Au Gratin Potatoes Broccoli Salad Wheat Hot Dog Roll Fresh Watermelon PC Ketchup, Mustard 	9) Breaded Chicken Drumsticks Baked Beans California Vegetable Blend Wheat Dinner Roll Mandarin Orange Delight	10) Homemade Salisbury Steak w/ Gravy Garlic Mashed Potatoes Fresh Spinach Salad Wheat Bread Marble Pudding w/ Whipped Topping PC Ketchup	11) BBQ Pork Riblet Sweet Potato Wedges Seasoned Cauliflower Wheat Hoagie Roll Fresh Grapes
14) Breakfast Casserole w/ Cheddar and Sausage O'Brien Potatoes Garden Salad Muffin Fresh Orange PC Dressing	15) Homemade Mac and Cheese Casserole Tomato and Cucumber Salad Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping 	16) Turkey and Grape Salad Sandwich Minestrone Soup w/ Crackers Coleslaw 2 Slices Wheat Bread Apricots 	17) BBQ Pulled Pork Sandwich w/ Pickle Chips 3 Bean Salad Seasoned Peas Wheat Hamburger Bun Heavenly Hash	18) Cheese Tortellini w/ Tomato Sauce and Meatballs Seasoned Carrots Italian Bread Tropical Fruit Cup PC Parm
21) BBQ Chicken Thighs Mashed Potatoes Seasoned Brussels Sprouts Wheat Bread Fresh Cantaloupe	22) Roast Beef Sandwich w/ Gravy Potato Salad Mixed Vegetables Egg Washed Roll Fresh Banana PC Ketchup, Horseradish	23) Turkey Cobb Salad Italian Pasta Salad Muffin Fresh Tangerines PC Dressing 	24) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup w/ Crackers Caesar Salad 2 Slices Wheat Bread Deluxe Fruit Cup PC Mustard 	25) Baked Homemade Meatloaf w/ Gravy Baked Sweet Potato Seasoned Green Beans Wheat Dinner Roll Cookie PC Ketchup
28) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion Mac and Cheese Seasoned Broccoli and Cauliflower Wheat Hamburger Bun Pineapple PC Mayo	29) Roast Pork Au Jus Cheesy Mashed Potatoes Glazed Carrots Wheat Dinner Roll Fresh Grapes	30) Polish Sausage Pickled Beets Bavarian Sauerkraut Wheat Hot Dog Bun Cantaloupe, Honeydew and Watermelon PC Ketchup, Mustard 	31) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion Two Type Potato Salad Broccoli Salad Wheat Hamburger Bun Sliced Peaches	Reservation deadline for August's End of Summer Picnic is July 16th! 

All meals are served with bread, butter, 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 5/28/2025 CA