















Nutrition Office
716-438-4031

Eat Well...Stay Well Dining
JULY 2024 - Menu for Dining Sites

Niagara County
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
1) Polish Sausage Sweet Potato Wedges Bavarian Kraut Whole Wheat Hot Dog Bun Brownie PC Ketchup, Mustard 	2) Roast Pork w/ Gravy Mashed Potatoes Seasoned Peas and Carrots Whole Wheat Bread Cinnamon Applesauce	3) 4th of July Meal Hot Dog Baked Beans Confetti Corn Whole Wheat Hot Dog Bun Strawberry Shortcake PC Ketchup, Mustard, Relish	4) No meals Closed in observance of Independence Day 	5) Chicken Stew Caesar Salad Biscuit Fresh Cantaloupe 
8) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion Au Gratin Potatoes Seasoned Green Beans Whole Wheat Hamburger Bun Deluxe Fruit Cup PC Ketchup, Mustard 	9) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Potato Salad Marinated Vegetable Salad 2 Slices Whole Wheat Bread Pineapple	10) Meatball Sub w/ Mozzarella and Tomato Sauce Spaghetti Salad Seasoned Spinach Whole Wheat Hoagie Roll Fresh Orange PC Parm	11) Greek Seasoned Chicken Breast Greek Seasoned Rice Broccoli Salad Muffin Apricots	12) Italian Sausage w/ Peppers and Onions Italian Pasta Salad Garden Salad Whole Wheat Hot Dog Bun Tropical Fruit Cup PC Ketchup, Mustard, Dressing
15) Broccoli and Cheese Strata O'Brien Potatoes Stewed Tomatoes Whole Wheat Bread Sunshine Bar	16) Turkey Cobb Salad Two-Type Potato Salad Biscuit Mandarin Oranges PC Dressing 	17) Breaded Bone-In Pork Chop Garlic Mashed Potatoes Glazed Carrots Whole Wheat Dinner Roll Sliced Pears	18) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Macaroni Salad Seasoned Brussels Sprouts Whole Wheat Hamburger Bun Fresh Cantaloupe and Honeydew Melon PC Ketchup, Mustard 	19) Chicken Salad w/ Lettuce, Tomato, Onion Pickled Beets Broccoli Salad ½ Whole Wheat Pita Peach Crisp w/ Whipped Topping 
22) Homemade Salisbury Steak w/ Gravy Mashed Potatoes Seasoned Peas Whole Wheat Dinner Roll Fruit Cocktail PC Ketchup	23) Breaded Chicken Patty w/ Lettuce, Tomato, Onion Tomato Florentine Soup w/ Crackers 3 Bean Salad Whole Hamburger Bun Fresh Orange PC Mayo 	24) Julienne Salad w/ Ham, Bleu Cheese Crumbles and Croutons Potato Salad Whole Wheat Bread Fresh Watermelon PC Dressing 	25) Chicken Drumstick w/ Gravy Au Gratin Potatoes Italian Vegetable Blend Rye Bread Fruited Gelatin w/ Whipped Topping	26) BBQ Pork Riblet Baked Beans Seasoned Broccoli Whole Wheat Hoagie Roll Apricots
29) Turkey and Grape Salad Sandwich Minestrone Soup w/ Crackers Tomato and Cucumber Salad 2 Slices Whole Wheat Bread Tangerines 	30) BBQ Pulled Pork Sandwich w/ Pickle Spear Mashed Sweet Potatoes Coleslaw Egg Washed Roll Cookie	31) Mac and Cheese Casserole Seasoned Broccoli and Cauliflower Whole Wheat Dinner Roll Sliced Peaches 	  HAPPY 4th JULY	<p><i>Be sure to check out your local Farmer's Market for fresh food and produce!!!</i></p> 

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 5/28/2024 CA