Nutrition Office
716-438-4031

Eat Well...Stay Well Dining
November 2026 - Menu for Dining Sites

Niagara County
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
2) Spaghetti and Meatballs w/ Tomato Sauce California Vegetable Blend Wheat Bread Pineapple PC Parm 	**3) Ham Salad Sandwich** Two-Type Potato Salad Garden Salad 2 Slices Multigrain Bread Fresh Orange PC Dressing	**4) Greek Seasoned Chicken Breast w/ Feta Cheese** Whole Greek Potatoes Seasoned Green Beans ½ Wheat Pita Deluxe Fruit Cup	**5) Mexican Black Bean Taco Bowl w/ Mango Salsa** Cilantro Lime Rice Wheat Tortilla Mini Bananas PC Sour Cream 	**6) Chicken Stew w/ Goldfish Crackers** Glazed Carrots Wheat Dinner Roll Applesauce 
9) Polish Sausage Bavarian Sauerkraut Seasoned Peas Wheat Hot Dog Bun Sliced Peaches 4oz Orange Juice PC Ketchup, Mustard	**10) Turkey Chili Con Carne w/ Goldfish Crackers** Seasoned Broccoli Wheat Dinner Roll Apricots 	**11)** *No Meals Served*  **VETERANS DAY** HONORING ALL WHO SERVED	**12) Beef Stew** Cauliflower w/ Bell Pepper Whole Grain Buttermilk Biscuit Cinnamon Pears	**13) Homemade Salisbury Steak w/ Gravy** Sweet Potato Wedges Seasoned Green Beans Whole Grain Croissant Fruit Cocktail PC Ketchup
16) Homemade Mac and Cheese Casserole Stewed Tomatoes Seasoned Broccoli Nature Valley Cinnamon Crisps Cinnamon Applesauce 	**17) Breaded Chicken Drumstick** Garlic Mashed Potatoes Sicilian Vegetable Blend Whole Grain Banana Muffin Mini Banana 4oz Apple Juice	**18)** *THANKSGIVING MEAL* **Roast Turkey Breast** Mashed Potatoes w/ Gravy Baked Squash Stuffing Cranberry Sauce Dinner Roll  Pumpkin Pie w/Whipped Topping	**19) Center Cut Pork Chop** Baked Sweet Potato Mixed Vegetables Whole Grain Blueberry Biscuit Sliced Peaches	**20) Turkey Burger Supreme w/ Lettuce. Tomato, Onion** Italian Pasta Salad Hearty Vegetable Soup Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Mustard
23) Sweet and Sour Pork Seasoned Brown Rice Stir-Fry Vegetable Blend Whole Grain Apple Cinnamon Muffin Sliced Pears 4oz Grape Juice	**24) Stuffed Pepper Casserole** Seasoned Carrots Nature Valley Cinnamon Crisps Fresh Orange 	**25) Beef Lasagna w/ Tomato Sauce** Seasoned Spinach and Tomatoes Multigrain Bread Heavenly Hash	**26)**  *No Meals Served*	**27)**  *No Meals Served*
30) Turkey and Cheese Sub w/ Pickles Broccoli and Cheddar Soup Caesar Salad Wheat Hoagie Roll Mandarin Oranges PC Mayo	 	**HEAP opens in November!** **Make sure to get your application in ASAP**	**Make sure to reheat your holiday leftovers to at least 165 degrees!** **Don't let any leftovers sit for too long before putting in the fridge or freezer!**	**Deadline for reservations for Christmas meal is November 13th!**

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 $4.00. 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 9/27/2026 C.A.