










Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>If you received HEAP last year, be on the lookout for your Early Outreach Application in the mail!</i></p>	<p>When was the last time you had a mammogram or prostate exam?</p> <p>Don't forget to schedule yours with your doctor!</p>	<p>1) Chicken Salad Sandwich w/ Lettuce, Tomato, Onion Italian Pasta Salad Broccoli Salad 2 Slices Wheat Bread Cinnamon Sliced Pears</p> 	<p>2) Roast Pork w/ Gravy Baked Sweet Potato Peas Wheat Dinner Roll Mandarin Orange Delight</p>
<p>5)</p>  <p><i>No Meals Served</i></p>	<p>6) Cheese Tortellini w/ Meatballs and Tomato Sauce Spinach Italian Bread Banana</p> 	<p>7) Lemon Chicken Over Egg Noodles Broccoli and Cauliflower Wheat Dinner Roll Apricots</p>	<p>8) Baked Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Brownie PC Ketchup</p>	<p>9) Julienne Salad w/ Turkey Pea and Pasta Salad Wheat Dinner Roll Tropical Fruit Cup PC Dressing</p> 
<p>12) Breakfast Casserole w/ Cheddar and Sausage Hash Browns Mixed Vegetables Cornbread Pineapple</p>	<p>13) Ranch Chicken Pasta Salad Garden Salad Muffin Fruited Gelatin w/ Whipped Topping PC Dressing</p>	<p>14) Mushroom Swiss Burger Sweet Potato Wedges Corn Wheat Hamburger Bun Grapes PC Ketchup, Mustard</p> 	<p>15) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup 3 Bean Salad 2 Slices Wheat Bread Orange PC Mayo, Mustard</p>	<p>16) Polish Sausage Two-Type Potato Salad Green Beans Wheat Hot Dog Bun Deluxe Fruit Cup PC Ketchup, Mustard</p>
<p>19) Chicken Stew Broccoli Biscuit Orange</p> 	<p>20) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Potato Salad Marinated Vegetable Salad 2 Slices Wheat Bread Pineapple</p>	<p>21) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice California Vegetable Blend Wheat Dinner Roll Banana</p>	<p>22) Meatball Sub w/ Mozzarella and Tomato Sauce Tri-Color Pasta Salad Carrots Wheat Hoagie Roll Fresh Watermelon</p>	<p>23) Turkey and Grape Salad Sandwich Pickled Beets Coleslaw 2 Slices Wheat Bread Fruited Gelatin w/ Whipped Topping</p>
<p>26) Italian Sausage w/ Peppers and Onions Baked Beans Parslied Cauliflower Wheat Hot Dog Roll Fresh Cantaloupe PC Ketchup</p>	<p>27) Broccoli and Cheese Strata O'Brien Potatoes Stewed Tomatoes Wheat Dinner Roll Sliced Peaches</p>	<p>28) Turkey Cobb Salad Potato Salad Wheat Bread Tropical Fruit Cup PC Dressing</p> 	<p>29) Bone-In Pork Chop Garlic Mashed Potatoes Bavarian Kraut Wheat Dinner Roll Mandarin Oranges</p>	<p>30) Roast Beef Sandwich w/ Gravy Minestrone Soup Broccoli Salad Hard Roll Cookie</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 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 8/1/2022 C.A.