








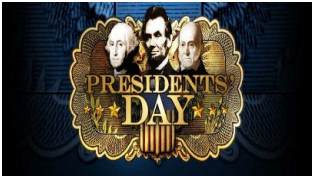






Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reach out to our office for help creating your living will.</p> <p>The attorney's schedule can be found in our monthly newsletter!</p>		<p>Winter Travel Checklist</p> <ul style="list-style-type: none"> Blankets Extra clothes Extra food and water Charged cell phone 	<p>Winter Travel Checklist</p> <ul style="list-style-type: none"> At least a 1/2 tank of gas Check your tires for tread and air pressure Check the weather before you leave 	
<p>2) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Chicken Cannelloni Soup w/ Crackers Fresh Spinach Salad Wheat Hoagie Roll Cinnamon Applesauce PC Mayo</p> 	<p>3) Roast Pork w/ Gravy Mashed Potatoes Italian Vegetable Blend Wheat Dinner Roll Fresh Orange</p> 	<p>4) Stuffed Pepper Casserole Seasoned Green Beans Italian Bread Pineapple</p>	<p>5) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Dinner Roll Cookie</p>	<p>6) Chicken Salad w/ Lettuce, Tomato, Onion on Croissant Italian Pasta Salad Seasoned Peas Mandarin Oranges</p>
<p>9) Baked Chicken Thighs w/ Gravy Garlic Mashed Potatoes Seasoned Broccoli Biscuit Peach Crisp w/ Whipped Topping</p> 	<p>10) Cheese Tortellini w/ Meatballs and Marinara Sauce Caesar Salad Italian Bread Banana PC Parm</p>	<p>11) Valentines Meal Breaded Baked Chicken Breast Creamy Pesto Pasta Sicilian Vegetable Blend Pumpnickel Bread Red Velvet Cake w/ Cream Cheese Frosting</p> 	<p>12) Baked Homemade Meatloaf w/ Gravy Mashed Sweet Potatoes Seasoned Wax Beans Wheat Bread Fruit Cocktail PC Ketchup</p> 	<p>13) Turkey Ala King Over Egg Noodles California Vegetable Blend Wheat Dinner Roll Tropical Fruit Cup</p> 
<p>16) No meals served</p> 	<p>17) Polish Sausage Au Gratin Potatoes Bavarian Sauerkraut Wheat Hot Dog Bun Mandarin Oranges PC Ketchup, Mustard</p>	<p>18) Ash Wednesday Homemade Mac and Cheese Casserole Stewed Tomatoes Rye Bread Applesauce</p>	<p>19) Goulash Seasoned Peas and Carrots Italian Bread Fresh Orange PC Parm</p>	<p>20) Egg and Broccoli Frittata Harvard Beets Mixed Vegetables Wheat Bread Sliced Peaches</p> 
<p>23) Chicken Stew Seasoned Brussels Sprouts Biscuit Brownie</p> 	<p>24) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Broccoli and Cheddar Soup w/ Crackers Glazed Carrots 2 Slices Rye Bread Banana</p> 	<p>25) Spaghetti and Meatballs w/ Marinara Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm</p> 	<p>26) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Seasoned Broccoli and Cauliflower ½ Wheat Pita Apple Crisp w/ Whipped Topping</p>	<p>27) Vegetable Lasagna Seasoned Spinach and Tomatoes Wheat Bread Tangerines</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, 12/30/2025 CA