

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Sweet Potato Wedges Garden Salad Wheat Hamburger Bun Banana PC Dressing, Ketchup, Mustard</p>	<p><b>3) Turkey Chili Con Carne w/ Crackers</b> Seasoned Green Beans Corn Muffin Mandarin Oranges</p> 	<p><b>4) Sliced Turkey Breast w/ Gravy</b> Mashed Potatoes Seasoned Corn Wheat Dinner Roll Pumpkin Bavarian</p> 	<p><b>5) Bone-In Pork Chop</b> Potato Salad Bavarian Sauerkraut Rye Bread Homemade Apple Crisp w/ Whipped Topping</p>	<p><b>6) 2 Cheese Manicotti w/ Marinara Sauce</b> Seasoned Broccoli Italian Bread Sliced Peaches PC Parm</p> 
<p><b>9) Beef Stroganoff Over Egg Noodles</b> California Vegetable Blend Biscuit Pineapple</p>	<p><b>10) Breaded Chicken Drumsticks</b> Pepper Pot Soup w/ Crackers Caesar Salad Wheat Dinner Roll Tropical Fruit Cup</p> 	<p><b>11) Homemade Salisbury Steak w/ Gravy</b> Mashed Sweet Potatoes Seasoned Peas Cinnamon Raisin Bread Sliced Pears PC Ketchup</p> 	<p><b>12) BBQ Pork Riblet</b> Baked Beans Mixed Vegetables Wheat Hoagie Roll Heavenly Hash</p>	<p><b>13) Broccoli and Cheese Frittata</b> O'Brien Potatoes Stewed Tomatoes Rye Bread Cookie</p>
<p><b>16) Stuffed Pepper Casserole</b> Seasoned Wax Beans Italian Bread Sliced Peaches</p>	<p><b>17) Sweet and Sour Pork w/ Fortune Cookie</b> Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Bread St. Patrick's Day Dessert</p> 	<p><b>18) Swedish Meatballs Over Egg Noodles</b> Seasoned Carrots Biscuit Tangerines</p>	<p><b>19) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion</b> Tomato Florentine Soup w/ Crackers Spinach Salad Wheat Hoagie Roll Fresh Orange PC Mayo</p> 	<p><b>20) Homemade Mac and Cheese Casserole</b> Seasoned Broccoli Muffin Pudding w/ Whipped Topping</p>
<p><b>23) Cheese Tortellini w/ Meatballs and Marinara Sauce</b> Italian Vegetable Blend Wheat Bread Banana PC Parm</p> 	<p><b>24) Baked Homemade Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Brownie PC Ketchup</p> 	<p><b>25) Turkey Ala King</b> Au Gratin Potatoes Seasoned Broccoli and Cauliflower Rye Bread Deluxe Fruit Cup</p>	<p><b>26) Sliced Baked Ham</b> Scalloped Potatoes Seasoned Peas Biscuit Mandarin Oranges</p>	<p><b>27) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion</b> Hearty Vegetable Soup w/ Crackers Caesar Salad 2 Slices Wheat Bread Tropical Fruit Cup</p> 
<p><b>30) Roast Pork Au Jus</b> Harvard Beets Seasoned Spinach and Tomatoes Muffin Fresh Orange</p> 	<p><b>31) Chicken Patty Sandwich w/ Lettuce, Tomato, Onion</b> Brown Rice and Lentil Soup w/ Crackers Seasoned Green Beans Wheat Hamburger Bun Heavenly Hash PC Mayo</p> 	<p>Everyone's Irish On March 17th.</p> 	<p><b>Deadline to place reservation for Easter Holiday Meal is 3/06!</b></p>	<p><b>Try to limit fried foods!</b></p> <p><b>Choose broiled, grilled or boiled options instead</b></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 1/25/2026