

Monday	Tuesday	Wednesday	Thursday	Friday
	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!	<i>Please remember the <u>deadline for reservations for Thanksgiving meal is October 20th!</u></i>	<u>Deadline for reservations for Christmas meal is November 17th!</u>
3) BBQ Chicken Drumsticks Mashed Potatoes Italian Vegetable Blend Biscuit Banana 	4) Homemade Salisbury Steak w/ Gravy Baked Sweet Potato Confetti Corn Wheat Dinner Roll Pear Crisp w/ Whipped Topping PC Ketchup	5) BBQ Pork Riblet Baked Beans Coleslaw Wheat Hoagie Roll Mandarin Oranges	6) Beef Lasagna Garden Salad Italian Bread Fruited Gelatin w/ Whipped Topping PC Parm, Dressing	7) Beef Stroganoff Over Egg Noodles Mixed Vegetables Biscuit Pineapple
10) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Potato Salad Tomato and Cucumber Salad Wheat Hoagie Roll Deluxe Fruit Cup PC Mayo	11) No Meals Served 	12) Roast Pork Au Jus Cheesy Mashed Potatoes Bavarian Sauerkraut Wheat Dinner Roll Cinnamon Applesauce	13) Stuffed Pepper w/ Meat Sauce Seasoned Carrots Italian Bread Tropical Fruit Cup 	14) Homemade Mac and Cheese Casserole Stewed Tomatoes Rye Bread Heavenly Hash
17) Greek Chicken w/ Feta Greek Seasoned Rice Caesar Salad 1/2 Wheat Pita Fresh Cantaloupe PC Greek Dressing	18) Chicken Ala King Over Egg Noodles Glazed Carrots Biscuit Fresh Orange	20) THANKSGIVING MEAL Roast Turkey Breast Mashed Potatoes w/ Gravy Baked Squash Stuffing Cranberry Sauce Dinner Roll Pumpkin Pie w/Whipped Topping 	20) Sliced Baked Ham Scalloped Potatoes Seasoned Brussels Sprouts Rye Bread Sliced Peaches	21) Cheese Tortellini w/ Meatballs and Tomato Sauce Sicilian Vegetable Blend Italian Bread Pumpkin Bavarian PC Parm
24) Egg and Broccoli Frittata O'Brien Potatoes Seasoned Green Beans Muffin Sliced Pears 	25) Beef Stew Fresh Spinach Salad Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping 	26) Chicken Breast Sandwich w/ Lettuce, Tomato, Onion Brown Rice and Lentil Soup w/ Crackers Seasoned Broccoli and Cauliflower Wheat Hamburger Bun Cookie PC Mayo 	27)  <i>No Meals Served</i>	28)  <i>No Meals Served</i>

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 FINAL Copy 9/30/2025 C.A.