

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Have you submitted your Early Outreach HEAP application yet??</u>	<i>Contact the Office for the Aging for help with your HEAP application today!</i> 716-438-3030	1) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Bread Sliced Peaches	2) Homemade Mac and Cheese Casserole Seasoned Broccoli Rye Bread Fresh Grapes	3) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Italian Pasta Salad Fresh Spinach Salad Wheat Hoagie Roll Fresh Orange PC Mayo
6) BBQ Chicken Thighs Baked Sweet Potato Seasoned Green Beans Corn Muffin Fresh Watermelon	7) Cheese Tortellini w/ Meatballs and Tomato Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm, Dressing	8) Baked Homemade Meatloaf w/ Gravy Scalloped Potatoes Mixed Vegetables Wheat Dinner Roll Tropical Fruit Cup PC Ketchup	9) Turkey Ala King Over Egg Noodles Seasoned Cauliflower Wheat Bread Homemade Pear Crisp w/ Whipped Topping 	10) Sliced Baked Ham Mac and Cheese Broccoli Salad Rye Bread Fresh Honeydew Melon
13) Columbus Day  No Meals Served	14) Egg and Broccoli Frittata Minestrone Soup w/ Crackers Stewed Tomatoes Muffin Banana 	15) Goulash Caesar Salad Italian Bread Fresh Cantaloupe PC Parm	16) Roast Pork w/ Gravy Cheesy Mashed Potatoes California Vegetable Blend Wheat Dinner Roll Cinnamon Applesauce	17) Breaded Chicken Sandwich w/ Lettuce, Tomato, Onion German Potato Salad Seasoned Wax Beans Wheat Hamburger Bun Fruited Gelatin w/ Whipped Topping PC Mayo
20) Spaghetti and Meatballs w/ Tomato Sauce Garden Salad Italian Bread Mandarin Oranges PC Parm, Dressing 	21) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Marinated Vegetable Salad ½ Wheat Pita Tropical Fruit Cup PC Greek Dressing	22) Stuffed Cabbage Roll Casserole Seasoned Spinach and Tomatoes Wheat Bread Banana	23) Chicken Stew Mixed Vegetables Biscuit Heavenly Hash	24) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Broccoli and Cheddar Soup w/ Crackers Tomato and Cucumber Salad 2 Slices Wheat Bread Fresh Grapes
27) 2 Cheese Manicotti w/ Tomato Sauce Broccoli Salad Italian Bread Apricots PC Parm	28) Chili Con Carne w/ Crackers Seasoned Green Beans Corn Bread Fresh Cantaloupe	29) Sliced Turkey Breast w/ Gravy Butternut Squash Seasoned Peas Cinnamon Raisin Bread Sliced Pears 	30) Bone-In Pork Chop Au Gratin Potatoes Bavarian Sauerkraut Rye Bread Deluxe Fruit Cup	31) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Sweet Potato Wedges Parslied Cauliflower Wheat Hamburger Bun Sliced Peaches PC Ketchup, Mustard  <i>Happy Halloween!</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 8/12/25