











Monday	Tuesday	Wednesday	Thursday	Friday
HEAP opens in November... <i>If you received a HEAP benefit last year, you can expect to get your Early Outreach Application in the mail in the beginning of September!</i>	<u>If you receive SNAP benefits, you should be automatically enrolled in HEAP, without even filing an application!</u>			1) Stuffed Cabbage Roll Casserole Garden Salad Muffin Deluxe Fruit Cup PC Dressing
4) Greek Seasoned Chicken Breast w/ Feta Cheese Potato Salad Seasoned Spinach and Tomatoes Wheat Bread Tropical Fruit Cup	5) Mushroom Swiss Burger w/ Lettuce, Tomato, Onion Sweet Potato Wedges Seasoned Wax Beans Wheat Hamburger Bun Fresh Orange PC Ketchup, Mustard	6) Chicken Stew Marinated Vegetable Salad Biscuit Banana 	7) Ham Salad Sandwich w/ Lettuce, Tomato, Onion Chicken Cannelloni Soup w/ Crackers Tomato and Cucumber Salad 2 Slices Wheat Bread Fresh Cantaloupe, Honeydew and Grapes 	8) Meatball Sub w/ Tomato Sauce and Mozzarella Cheese Macaroni Salad Italian Vegetable Blend Wheat Hoagie Roll Heavenly Hash PC Parm
11) Turkey Cobb Salad Two-Type Potato Salad Biscuit Fresh Tangerines PC Dressing 	12) Broccoli and Cheese Strata O'Brien Potatoes Seasoned Green Beans Muffin Fruited Gelatin w/ Whipped Topping	13) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle Tomato Florentine Soup w/ Crackers Seasoned Cauliflower Wheat Hamburger Bun Fresh Grapes PC Ketchup, Mustard 	14) Italian Sausage w/ Peppers and Onions Au Gratin Potatoes Mixed Vegetables Wheat Hot Dog Bun Deluxe Fruit Cup PC Ketchup, Mustard	15) Bone In Pork Chop w/ Gravy Garlic Mashed Potatoes Fresh Spinach Salad Wheat Dinner Roll Cookie
18) Homemade Salisbury Steak w/ Gravy Mashed Potatoes California Vegetable Blend Rye Bread Lemon Bar PC Ketchup 	19) Julienne Salad w/ Turkey, Cheddar Cheese, and Croutons Pepper Pot Soup w/ Crackers Wheat Bread Banana PC Dressing 	20) BBQ Pork Riblet Baked Beans Seasoned Broccoli Wheat Hoagie Roll Fresh Cantaloupe	21) Hot Dog w/ Chili Sauce Pea and Pasta Salad Tomato and Cucumber Salad Wheat Hot Dog Bun Mandarin Oranges PC Ketchup, Mustard	22) Breaded Chicken Drumsticks Scalloped Potatoes Seasoned Brussels Sprouts Wheat Dinner Roll Sliced Peaches 
25) Homemade Macaroni and Cheese Casserole Stewed Tomatoes Muffin Applesauce	26) BBQ Pulled Pork Sandwich w/ Pickle Spear Baked Sweet Potato Coleslaw Wheat Hamburger Bun Cinnamon Pears	27) End of Summer Picnic Hot Dog or Hamburger on a Bun Baked Beans Macaroni Salad Watermelon Frosted Brownie PC Ketchup, Mustard, Relish 	28) Turkey and Grape Salad Sandwich w/ Lettuce, Tomato, Onion Hearty Vegetable Soup w/ Crackers Caesar Salad 2 Slices Wheat Bread Cantaloupe, Honeydew and Grapes	29) Roast Beef Sandwich w/ Gravy Cheesy Mashed Potatoes Seasoned Green Beans Wheat Hamburger Bun Mandarin Oranges PC Ketchup, Horseradish

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, **Final Copy 6/30/25 CA**