


















Monday	Tuesday	Wednesday	Thursday	Friday
<b>1) Roast Pork w/ Gravy</b> Garlic Mashed Potatoes Seasoned Peas and Carrots Wheat Bread Applesauce 	<b>2) Stuffed Cabbage Roll Casserole</b> Confetti Corn Wheat Dinner Roll Deluxe Fruit Cup	<b>3) Chicken Stew</b> Seasoned Green Beans Biscuit Fresh Orange 	<b>4) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion</b> Pepper Pot Soup w/ Crackers Garden Salad 2 Slices Rye Bread Heavenly Hash PC Dressing 	<b>5) Spaghetti and Meatballs w/ Tomato Sauce</b> Seasoned Spinach and Tomatoes Italian Bread Pineapple PC Parm
<b>8) Sliced Turkey Breast w/ Gravy</b> Mashed Butternut Squash Seasoned Brussels Sprouts Biscuit Cookie 	<b>9) Bone-In Pork Chop</b> Baked Sweet Potato Bavarian Sauerkraut Stuffing Banana	<b>10) Cheeseburger w/ Lettuce, Tomato, Onion, Pickle</b> Tomato Florentine Soup w/ Crackers Mixed Vegetables Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Mustard 	<b>11) 2 Cheese Manicotti w/ Tomato Sauce</b> Seasoned Wax and Green Beans Italian Bread Fresh Orange PC Parm	<b>12) Chili Con Carne w/ Crackers</b> Caesar Salad Corn Muffin Sliced Pears 
<b>15) Homemade Salisbury Steak w/ Gravy</b> Sweet Potato Wedges California Vegetable Blend Cinnamon Raisin Bread Fruit Cocktail PC Ketchup 	<b>16) BBQ Pork Riblet</b> Baked Beans Coleslaw Wheat Hoagie Roll Mandarin Oranges 	<b>17) Christmas Meal</b> <b>Chicken Breast Stuffed with Broccoli</b> Twice Baked Potatoes Prince Edward Vegetables Whole Wheat Dinner Roll Cheesecake 	<b>18) Beef Stroganoff Over Egg Noodles</b> Glazed Carrots Wheat Bread Pineapple	<b>19) Vegetable Lasagna</b> Seasoned Broccoli Italian Bread Fruited Gelatin w/ Whipped Topping
<b>22) Sweet and Sour Pork w/ Fortune Cookie</b> Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread Sliced Peaches	<b>23) Breaded Chicken Drumsticks</b> Mashed Potatoes Sicilian Vegetable Blend Wheat Dinner Roll Tangerines	<b>24) Homemade Mac and Cheese Casserole</b> Seasoned Broccoli and Cauliflower Rye Bread Brownie 	<b>25) Merry Christmas</b>  <b>No Meals Served</b>	<b>26) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion</b> Hearty Vegetable Soup w/ Crackers Fresh Spinach Salad Wheat Hoagie Roll Banana PC Mayo 
<b>29) Turkey Ala King Over Egg Noodles</b> Mixed Vegetables Biscuit Deluxe Fruit Cup	<b>30) Sliced Baked Ham</b> Scalloped Potatoes Seasoned Brussels Sprouts Rye Bread Cookie 	<b>31) Baked Homemade Meatloaf w/ Gravy</b> Mashed Sweet Potatoes Seasoned Peas Cinnamon Raisin Bread Mandarin Oranges PC Ketchup 	<b>Looking for where to schedule a Covid booster or flu shot?</b> <b>You can call NY Connects for help!</b> <b>716-438-3030</b>	<b><u>Happy Holidays to you and yours!</u></b>   

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 11/2/2025 C.A.