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<b>Facing electricity or heating shut-off?</b> <b>Emergency HEAP opens January 2<sup>nd</sup>, call the Department of Social Services at (716) 278-8400</b>	<b><u>Deadline to place your reservation for the Valentine's Day Holiday meal is 1/12!</u></b> 		<b>1) No Meals</b> 	<b>2) BBQ Chicken Thighs</b> Harvard Beets Italian Vegetable Blend Corn Muffin Cinnamon Applesauce
<b>5) Chicken Breast Sandwich w/ Lettuce, Tomato, Onion</b> Sweet Potato Wedges Seasoned Carrots Wheat Hamburger Bun Tropical Fruit Cup PC Mayo 	<b>6) Beef Stew</b> Parslied Cauliflower Biscuit Sliced Pears 	<b>7) Goulash</b> Seasoned Green Beans Italian Bread Pineapple PC Parm	<b>8) Breakfast Casserole w/ Cheddar and Sausage</b> O'Brien Potatoes Stewed Tomatoes Rye Bread Pudding w/ Whipped Topping	<b>9) Roast Pork Au Jus</b> Mashed Butternut Squash Bavarian Sauerkraut Wheat Dinner Roll Heavenly Hash
<b>12) Stuffed Cabbage Roll Casserole</b> Hash Browns Caesar Salad Muffin Fruited Gelatin w/ Whipped Topping PC Ketchup	<b>13) Ham Salad Sandwich</b> Brown Rice and Lentil Soup w/ Crackers Seasoned Broccoli 2 Slices Wheat Bread Sliced Peaches 	<b>14) Breaded Bone In Pork Chop</b> Baked Sweet Potato Seasoned Peas Wheat Bread Apple Crisp w/ Whipped Topping	<b>15) Spaghetti and Meatballs w/ Marinara Sauce</b> Seasoned Spinach and Tomatoes Italian Bread Tangerines PC Parm 	<b>16) Greek Seasoned Chicken Breast w/ Feta</b> Greek Seasoned Rice Seasoned Brussels Sprouts ½ Wheat Pita Pumpkin Bavarian w/ Whipped Topping 
<b>19) No Meals</b> 	<b>20) Chicken Stew</b> Mixed Vegetables Biscuit Applesauce 	<b>21) Beef Lasagna</b> Fresh Spinach Salad Italian Bread Fruited Gelatin w/ Whipped Topping PC Parm	<b>22) Chili Con Carne w/ Crackers</b> Seasoned Green Beans Corn Muffin Fresh Orange 	<b>23) 2 Cheese Manicotti w/ Marinara Sauce</b> Garden Salad Italian Bread Deluxe Fruit Cup PC Parm, Dressing
<b>26) BBQ Pork Riblet</b> Baked Beans Coleslaw Wheat Hoagie Roll Mandarin Oranges	<b>27) Swedish Meatballs Over Egg Noodles</b> Mixed Vegetables Biscuit Tropical Fruit Cup	<b>28) Sloppy Joe on a Wheat Hamburger Bun</b> Minestrone Soup w/ Crackers Seasoned Wax Beans Banana 	<b>29) Breaded Chicken Drumsticks</b> Sweet Potato Wedges California Vegetable Blend Wheat Dinner Roll Sliced Pears	<b>30) Homemade Salisbury Steak w/ Gravy</b> Au Gratin Potatoes Seasoned Peas and Carrots Cinnamon Raisin Bread Tangerines PC Ketchup 

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 11/29/2025 C.A.