Nutrition Office
716-438-4031

Eat Well…Stay Well Dining
OCTOBER 2026 - Menu for Dining Sites

Niagara County
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
Have you submitted your Early Outreach HEAP application yet??	*Contact the Office for the Aging for help with your HEAP application today!* **716-438-3030**	**Reservation deadline for Thanksgiving meal is October 16th!!**	**1) Turkey Chili Con Carne w/ Goldfish Crackers** Seasoned Peas Corn Muffin Fresh Watermelon	**2) Penne and Meatballs w/ Tomato Sauce** Seasoned Carrots Wheat Bread Mini Bananas PC Parm
5) Beef Stroganoff over Rotini Noodles California Vegetable Blend Multigrain Bread Fresh Grapes	**6) Meat Lasagna** Italian Vegetable Blend Apple Cinnamon Muffin Sliced Pears 4oz Grape Juice PC Parm	**7) Breaded Chicken Drumstick** Potato Salad Seasoned Cauliflower Buttermilk Biscuit Fresh Cantaloupe 	**8) Homemade Salisbury Steak w/ Gravy** Scalloped Potatoes Seasoned Green Beans Wheat Dinner Roll Pineapple PC Ketchup	**9) Center Cut Pork Chop** Baked Sweet Potato Bavarian Kraut Corn Muffin Cinnamon Applesauce
12) Columbus Day **No Meals Served**	**13) Homemade Mac and Cheese Casserole** Stewed Tomatoes Seasoned Peas Nature Valley Cinnamon Crisps Sliced Peaches	**14) Stuffed Pepper Casserole** Fresh Spinach Salad Wheat Dinner Roll Fresh Grapes 4oz Apple Juice PC Dressing 	**15) Sweet and Sour Pork** Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread Mini Bananas 	**16) Breakfast Casserole w/ Cheddar and Sausage** O'Brien Potatoes Seasoned Green Beans English Muffin Fresh Orange
19) BBQ Chicken Thigh Garlic Mashed Potatoes Spinach and Tomatoes Buttermilk Biscuit Cinnamon Sliced Pears 	**20) Spaghetti and Meatballs w/ Tomato Sauce** Garden Salad Multigrain Bread Mandarin Oranges PC Parm, Dressing 	**21) Sliced Baked Ham** Scalloped Potatoes Seasoned Brussels Sprouts Blueberry Muffin Sliced Peaches	**22) Baked Homemade Meatloaf w/ Gravy** Baked Sweet Potato Confetti Corn Wheat Dinner Roll Fresh Honeydew Melon Cinnamon Graham PC Ketchup	**23) Turkey Ala King Over Brown Rice** Mixed Vegetables Wheat Bread Deluxe Fruit Cup 4oz Orange Juice
26) Chicken Breast Sandwich w/ Lettuce, Tomato and Onion Minestrone Soup Seasoned Broccoli Wheat Hamburger Bun Apricots PC Mayo	**27) Chicken Stew w/ Goldfish Crackers** Seasoned Peas and Carrots Wheat Dinner Roll Fresh Watermelon	**28) Goulash** Italian Vegetable Blend Nature Valley Cinnamon Crisps Tropical Fruit Cup PC Parm	**29) Egg and Broccoli Frittata** Pickled Beets Tomatoes and Zucchini English Muffin Fresh Cantaloupe 	**30) Roast Pork w/ Au Jus** Au Gratin Potatoes Caesar Salad Whole Grain Banana Muffin Mandarin Oranges *Happy Halloween!*

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 $4.00. 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 9/2/26