

Monday	Tuesday	Wednesday	Thursday	Friday
<i>When was the last time you had a mammogram or prostate exam?</i> <i>Don't forget to schedule yours with your doctor!</i>	1) Turkey and Cheese w/ Pickles in ½ Wheat Pita Hearty Vegetable Soup Tomatoes and Zucchini Mini Bananas PC Mayo 	2) Breakfast Casserole w/ Cheddar and Sausage O'Brien Potatoes Pickled Beets Whole Grain English Muffin Fresh Watermelon	3) Homemade Mac and Cheese Casserole Stewed Tomatoes Wheat Bread Mandarin Oranges	4) BBQ Pulled Pork Sandwich w/ Pickle Spear Baked Beans California Vegetable Blend Wheat Hamburger Bun Deluxe Fruit Cup
7)  <i>No Meals Served</i>	8) Turkey Ala King over Brown Rice Seasoned Spinach w/ Tomatoes Whole Grain Cinnamon Graham Fresh Grapes 4oz Orange Juice	9) Baked Homemade Meatloaf w/ Gravy Mashed Potatoes Cauliflower w/ Red Pepper Buttermilk Biscuit Apricots PC Ketchup	10) Chicken Leg w/ Gravy Sweet Potato Wedges Confetti Corn Whole Grain Banana Muffin Fresh Honeydew Melon	11) Ham and Swiss Cheese Sandwich Seasoned Peas and Carrots 2 Slices Wheat Bread Fresh Orange PC Mayo, Mustard 
14) BBQ Chicken Thigh Au Gratin Potatoes Seasoned Brussels Sprouts Whole Grain Corn Muffin Sliced Peaches	15) Breaded Chicken Patty Sandwich Glazed Carrots Wheat Hamburger Bun Tropical Fruit Cup PC Mayo 	16) Polish Sausage w/ Peppers and Onions Bavarian Sauerkraut Wheat Hot Dog Bun Fresh Cantaloupe PC Ketchup, Mustard 	17) Beef Fritter Sandwich w/ Gravy Tomato Florentine Soup Seasoned Wax Beans 2 Slices Multigrain Bread Mini Bananas 	18) Roast Pork w/ Gravy Baked Sweet Potato Seasoned Green Beans Buttermilk Biscuit Applesauce
21) Stuffed Cabbage Roll Casserole Garlic Mashed Potatoes Seasoned Broccoli Wheat Bread Fresh Watermelon 	22) Meatball Sub w/ Tomato Sauce and Mozzarella Sweet Potato Wedges Confetti Corn Wheat Hoagie Roll Pineapple	23) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Seasoned Peas Wheat Dinner Roll Deluxe Fruit Cup	24) Mushroom Swiss Turkey Burger Italian Vegetable Blend Wheat Hamburger Bun Mandarin Oranges 4oz Apple Juice PC Ketchup, Mustard	25) Chicken Stew Parslied Cauliflower Whole Grain Corn Muffin Fresh Grapes
28) Sliced Turkey Breast w/ Gravy Mashed Squash Seasoned Green Beans Buttermilk Biscuit Fresh Honeydew Melon	29) Broccoli and Cheese Strata Harvard Beets Mixed Vegetables Multigrain Bread Fresh Orange 	30) Turkey Burger w/ Cheese and Pickle Chips Potato Wedges Seasoned Brussels Sprouts Wheat Hamburger Bun Tropical Fruit Cup PC Ketchup, Mustard		<i>If you received HEAP last year, be on the lookout for your Early Outreach Application in the mail!</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 \$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 **8/4/2026 C.A.**