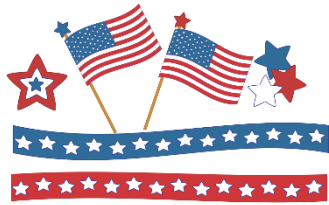




Monday	Tuesday	Wednesday	Thursday	Friday
2) Turkey & Cheese with Lettuce & Tomato on Small Sub Roll Potato Salad Garden Ranch Green Beans Fresh Grapes (Mayo & Mustard)	3) Chicken Fingers with BBQ Sauce Potatoes O'Brien 3 Bean Salad Dinner Roll Rice Pudding	4th of July INDEPENDENCE DAY HOLIDAY! NO MEALS SERVED	5) Steak Salad (3 oz beef strips, 1 cup romaine & salad mix with carrot shreds, cucumbers, red onion, feta cheese) Dinner Roll Pea & Pasta Salad Brownie (assorted salad dressings)	6) Goulash Mixed Vegetables Wheat Bread Mandarin Orange Delight (Parmesan pc)
9) Meatloaf with Gravy Garlic Mashed Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Cookies (ketchup pc)	10) Cheese Tortellini with Meat Sauce Italian Bread Broccoli Fruited Gelatin (whipped topping) (Parmesan Cheese)	11) Baked Chicken Leg Potato Salad Peas Cornbread Banana Pudding (with Whipped Topping)	12) Ham & Pasta Primavera with Rotini Pasta Corn Dinner Roll Peach Polka Dot Dessert (Parmesan Cheese pc)	13) Taco Salad (seasoned ground beef over <u>1 cup</u> romaine/lettuce, tomatoes, shredded cheddar topped with tortilla chips) Rice Black Bean Salad Cantaloupe (1 slice) (Sour Cream)
16) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) Hamburger Roll Potato Wedges Cucumber and Pepper Salad Deluxe Fruit Salad (Ketchup, Mustard and Relish)	17) Broccoli Cheese Strata Hash Browns Cauliflower Wheat Bread Watermelon Cubes	18) Breaded Pork Chop Potatoes O'Brien Carrots Coins Dinner Roll Apple Crisp	19) Herbed Turkey Fricassee Bread Stuffing Green Beans and Mushrooms Biscuit Chocolate Pudding (with Whipped Topping)	20) Grilled Chicken Breast with Lettuce and Tomato on Hamburger Roll Italian Pasta Salad Zucchini and Tomatoes Cake Delight (Mayonnaise)
23) Sweet & Sour Pork with Seasoned Rice and Chinese Noodles Brussels Sprouts Dinner Roll Nectarine (Chinese Noodles garnishment)	24) Chicken Strips over Salad (1 cup salad mix, carrots, red cabbage, tomatoes, green pepper, garbanzos, red onion, feta cheese) Greek Potatoes ½ Whole Wheat Pita Bread Chilled Pears (Salad Dressing pc)	25) Cheese Manicotti with Tomato Sauce Spinach Italian Bread Fruited Gelatin (Whipped Topping) (Parmesan Cheese)	26) Mild Italian Sausage Link with Green Peppers & Onions on a Hot Dog Roll Parsley Buttered Rotini California Blend Vegetables Yellow Cake/Choc Frosting (Mustard <u>and</u> Ketchup pc)	27) Swiss Mushroom Burger on Hamburger Roll Macaroni Salad Vegetable Mix - Sliced Carrots, Corn, Lima Beans Tapioca Pudding (whip topping) (Mustard, Ketchup <u>and</u> Relish)
30) Breakfast Casserole Seasoned Confetti Rice Broccoli Wheat Roll Mandarin Orange Delight	31) Veal Parmesan with Tomato Sauce Rotini Pasta ½ cup Tossed Salad Italian Bread Heavenly Hash (Parmesan pc <u>and</u> Salad Dressing pc)			

All meals are served with bread, butter, 1% chocolate milk, 1% or 2% milk, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **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 Lisa G. Smith, RD, CDN.