




Monday	Tuesday	Wednesday	Thursday	Friday
	All Canned Fruit is in Natural Juice or Water and meets the requirement of our Diabetic Diet. All Gravies are Low Sodium and meets the requirement of our Moderate Sodium Diet.			1) Cheese Tortellini with Meat Sauce Broccoli Prince Edward Blend Veggies Italian Bread Fresh Fruit (Parmesan pc)
4) Goulash Mixed Vegetables Warm Dinner Roll Chocolate Chip Cookies (Parmesan pc)	5) Cheeseburger Supreme (American Cheese, Tomato, Lettuce Red Onion, Pickle Chips) Hamburger Roll Baked Beans Cucumber Pepper Salad Deluxe Fruit Salad (Ketchup <u>and</u> Mustard pc)	6) Sweet and Sour Pork with Chinese Noodles Rice Brussels Sprouts Biscuit Chocolate Pudding with Whipped Topping	7) Grilled Chicken Breast with Lettuce and Tomato on Hamburger Bun Italian Pasta Salad Zucchini and Tomatoes Cake Delight (Mayonnaise pc)	8) Broccoli Cheese Strata Hash Brown Potatoes Cauliflower Wheat Bread Fresh Fruit – Watermelon Cubes if available
11) Swiss Mushroom Burger on Hamburger Roll Macaroni Salad Vegetable Mix - Sliced Carrots, Corn, Lima Beans Tapioca Pudding (Mustard <u>and</u> Ketchup pc)	12) Cheese Manicotti with Tomato Sauce Spinach Italian Bread Fruited Gelatin (Whipped Topping) (Parmesan Cheese)	13) 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)	14) <i>Father's Day Special</i> Sliced Roast Beef on a Hard Roll with Gravy Baked Potato w/ Sour Cream Candied Baby Carrots Wheat Dinner Roll Dessert - Tuxedo Bar (horseradish pc) (sour cream)	15) Chicken Strips over Salad (<u>1 cup</u> 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)
18) Baked Ham Whipped Sweet Potatoes Peas Wheat Bread Fresh Fruit – Peach if available	19) Julienne Salad with 3 oz. Diced Turkey (<u>1 cup</u> salad mix, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar) Zesty Rice Blueberry Muffin Orange Dream Cake (Assorted Salad Dressing pc)	20) Macaroni and Cheese Stewed Tomatoes Dinner Roll Chilled Fruit Cocktail	21) Veal Parmesan with Tomato Sauce Rotini Pasta ½ cup Tossed Salad Italian Bread Heavenly Hash (Parmesan pc <u>and</u> Salad Dressing pc)	22) Meatloaf with Gravy Garlic Mashed Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Cookies (ketchup pc)
25) Vegetable Lasagna Parmesan Spinach Italian Bread Fresh Fruit – Pear (if available) (Parmesan Cheese pc to mix with Spinach)	26) BBQ Pork Riblet served on a Hamburger Roll Rice with Broccoli Cauliflower Chilled Peaches	27) Grilled Chicken Salad (3 oz seasoned chicken & <u>1 cup</u> mesclun mix, tomatoes, shredded carrots & cheddar cheese) Tri Color Pasta Salad Wheat Bread S'more Pudding Parfait (Assorted Salad Dressing pc)	28) Cheeseburger Supreme (American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips) Hamburger Roll Potato Wedges 3 Bean Salad Watermelon Cubes (Ketchup <u>and</u> Mustard pc)	29) <i>4th of July Special</i> Hot Dog on a Bun with mustard, ketchup, relish and onions Baked Beans Corn Nibbler Apple Crisp w/ Whipped Topping

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.