


| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
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|   | <p><b>All Canned Fruit</b> is in Natural Juice or Water and meets the guidelines of our Diabetic Diet.</p> <p><b>All Gravies are Low Sodium</b> and meet the guidelines of our Modified Sodium Diet.</p>  | <p><b>1) Julienne Salad</b> with 3 oz. <b>Diced Turkey</b> (1 cup salad mix, shredded carrots, red onion, tomatoes, garbanzos, shredded cheddar)<br/>Potato Salad<br/>Blueberry Muffin<br/>Orange Dream Cake<br/>(Assorted Salad Dressing pc)</p>   | <p><b>2) Macaroni and Cheese</b><br/>Stewed Tomatoes<br/>Dinner Roll<br/>Chilled Fruit Cocktail</p>  | <p><b>3) Baked Ham</b><br/>Whipped Sweet Potatoes<br/>Peas<br/>Wheat Bread<br/>Fresh Fruit – Peach if available</p>  |
| <p><b>6) Salisbury Steak w/ Gravy</b><br/>Mashed Potatoes<br/>California Blend Veggies<br/>Dinner Roll<br/>Chilled Pears<br/>(ketchup pc)</p>                       | <p><b>7) Grilled Chicken Salad</b><br/>(3 oz seasoned chicken &amp; 1 cup mesclun mix, tomatoes, shredded carrots &amp; cheddar cheese)<br/>Tri Color Pasta Salad<br/>Wheat Bread<br/>S'more Pudding Parfait<br/>(Assorted Salad Dressing pc)</p> | <p><b>8) Vegetable Lasagna</b><br/>Spinach<br/>Italian Bread<br/>Fresh Fruit</p>  | <p><b>9) BBQ Pork Riblet served on a Hamburger Roll</b><br/>Baked Beans<br/>Cauliflower (Parsley Garni)<br/>Chilled Peaches</p>  | <p><b>10) Sweet &amp; Sour Chicken with Seasoned Rice and Chinese Noodles</b><br/>Brussels Sprouts<br/>White Bread<br/>Fresh Fruit – nectarine if possible<br/>(Chinese Noodles garnishment)</p>                           |
| <p><b>13) Chicken Fingers with Ranch Dressing</b><br/>Potatoes O'Brien<br/>3 Bean Salad<br/>Dinner Roll<br/>Rice Pudding (Whipped Topping)<br/>(Ranch Dressing)</p> | <p><b>14) Cheeseburger Supreme</b><br/>(American Cheese, Tomato, Lettuce, Red Onion, Pickle Chips)<br/>Hamburger Roll<br/>Potato Wedges<br/>Cucumber and Pepper Salad<br/>Fresh Fruit - Cantaloupe<br/>(Ketchup, Mustard and Relish)</p>          | <p><b>15) Goulash</b><br/>Mixed Vegetables<br/>Wheat Bread<br/>Oatmeal Raisin Cookies<br/>(Parmesan pc)</p> <p><b>Site Director's Meeting 1:30 PM</b></p>   | <p><b>16) Turkey &amp; Cheese with Lettuce &amp; Tomato on Small Sub Roll</b><br/>Potato Salad<br/>Garden Ranch Green Beans<br/>Grapes<br/>(Mayo &amp; Mustard)</p>    | <p><b>17) Steak Salad</b> (3 oz beef strips, 1 cup romaine &amp; salad mix with carrot shreds, cucumbers, red onion, feta cheese)<br/>Corn Muffin<br/>Pea &amp; Pasta Salad<br/>Brownie<br/>(assorted salad dressings)</p> |
| <p><b>20) Breakfast Casserole</b><br/>Seasoned Confetti Rice<br/>Broccoli<br/>Assorted Muffins<br/>Mandarin Orange Delight</p>                                      | <p><b>21) Meatloaf with Gravy</b><br/>Garlic Mashed Potatoes<br/>Mixed Vegetables<br/>Wheat Bread<br/>Fruited Gelatin – (whip top)<br/>(ketchup pc)</p>   | <p><b>22) Cheese Tortellini with Meatballs and Sauce</b><br/>Italian Bread<br/>Carrots<br/>Watermelon Cubes<br/>(Parmesan Cheese pc)</p>  | <p><b>23) Ham &amp; Pasta Primavera with Rotini Pasta</b><br/>Corn<br/>Rye Bread<br/>Banana Pudding (with Whipped Topping)<br/>(Parmesan Cheese pc)</p>                | <p><b>24) Baked Chicken Leg with Gravy</b><br/>Mashed Potatoes<br/>Peas<br/>Dinner Roll<br/>Peach Polka Dot Dessert<br/>(with Whipped Topping)</p>   |
| <p><b>27) Sliced Turkey with Gravy</b><br/>Bread Stuffing<br/>Green Beans and Mushrooms<br/>Biscuit<br/>Deluxe Fruit Salad</p>                                      | <p><b>28) Broccoli Cheese Strata</b><br/>Au Gratin Potatoes<br/>Cauliflower (with parsley garni)<br/>Wheat Bread<br/>Sugar Cookies</p>  | <p><b>29) <u>End of Summer Picnic!</u></b><br/>Hot Dog or Hamburger on Roll<br/>Macaroni Salad or Potato Salad<br/>Baked Beans<br/>Frosted Brownie<br/>Watermelon<br/>Lemonade<br/>(Ketchup Mustard, Relish, Sliced Onions, Lettuce &amp; Tomatoes)</p> <p style="text-align: right;"><b>Counts due by August 10 !!</b></p> | <p><b>30) Grilled Chicken Breast with Lettuce and Tomato on Hamburger Roll</b><br/>Italian Pasta Salad<br/>Zucchini and Tomatoes<br/>Cake Delight<br/>(Mayonnaise)</p> | <p><b>31) Breaded Pork Chop</b><br/>Potatoes O'Brien<br/>Carrots Coins<br/>Dinner Roll<br/>Apple Crisp</p>   |

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.