

Monday	Tuesday	Wednesday	Thursday	Friday
3) Breaded Chicken Patty Sandwich w/ Lettuce, Tomato, Onion Mac and Cheese Seasoned Broccoli and Cauliflower Wheat Hamburger Bun Apricots PC Mayo, Mustard	4) Polish Sausage w/ Peppers and Onion Brown Rice and Lentil w/ Goldfish Seasoned Green Beans Wheat Hot Dog Bun Banana Grape Juice	5) Egg Salad Sandwich w/ Lettuce, Tomato, Onion Pickled Beets Garden Salad 2 Slices Rye Bread Mandarin Oranges PC Dressing	6) Roast Pork w/ Gravy Baked Sweet Potato Seasoned Peas Blueberry Biscuit Applesauce	7) Greek Chicken Pasta Salad Broccoli Salad Whole Wheat Bread Cinnamon Sliced Pears V8 Juice
10) Chicken Stew 3 Bean Salad Buttermilk Biscuit Fresh Orange	11) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Potato Salad Marinated Vegetable Salad 2 Slices Wheat Bread Deluxe Fruit Cup	12) Meatball Sub w/ Mozzarella and Tomato Sauce Au Gratin Potatoes Garlic Spinach and Tomatoes Wheat Hoagie Roll Honeydew Melon	13) Greek Seasoned Chicken Breast w/ Feta Cheese Whole Greek Potatoes Caesar Salad ½ Wheat Pita Fresh Grapes Orange Juice	14) Mushroom Swiss Turkey Burger w/ Lettuce, Tomato, Onion Sweet Potato Wedges Seasoned Green Beans Wheat Hamburger Bun Sliced Peaches PC Ketchup, Mustard
17) Broccoli and Cheese Strata Pea and Pasta Salad Stewed Tomatoes Whole Grain English Muffin Tropical Fruit Cup	18) Rotini w/ Meatballs and Tomato Sauce Fresh Spinach Salad Whole Grain Cinnamon Graham Cracker Fresh Banana PC Dressing	19) Turkey Burger Supreme w/ Cheese, Lettuce, Tomato, Onion, Pickle Scalloped Potatoes Mixed Vegetables Wheat Hamburger Bun Fresh Watermelon Apple Juice PC Ketchup, Mustard	20) Turkey Cobb Salad Italian Pasta Salad Whole Grain Corn Muffin Pineapple PC Dressing	21) Bone In Pork Chop Minestrone Soup w/ Goldfish California Blend Vegetables Wheat Dinner Roll Applesauce
24) Julienne Salad w/ Ham and Bleu Cheese Crumbles Two-Type Potato Salad Whole Grain Blueberry Muffin Fresh Cantaloupe PC Dressing	25) Homemade Salisbury Steak w/ Gravy Garlic Mashed Potatoes Broccoli Salad Buttermilk Biscuit Sliced Peaches	27) End of Summer Picnic Hot Dog or Turkey Burger on a Bun Baked Beans Macaroni Salad Watermelon Frosted Brownie PC Ketchup, Mustard, Relish	27) Breaded Chicken Drumsticks Mashed Sweet Potatoes Coleslaw Wheat Dinner Roll Fresh Orange	28) Stuffed Cabbage Roll Casserole Garden Salad Rye Bread Heavenly Hash
31) Sweet and Sour Pork Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread Sliced Pears	HEAP opens in November... <i>If you received a HEAP benefit last year, you can expect to get your Early Outreach Application in the mail in the beginning of September!</i>	<u>If you receive SNAP benefits, you should be automatically enrolled in HEAP, without even filing an application!</u>		

All meals are served with bread, butter, 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 **7/1/26 CA**