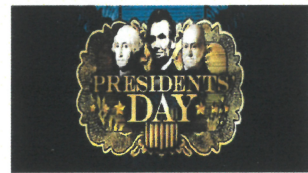


Monday	Tuesday	Wednesday	Thursday	Friday
Reach out to our office for help creating your living will. The attorney's schedule can be found in our monthly newsletter!		Winter Travel Checklist • Blankets • Extra clothes • Extra food and water • Charged cell phone	Winter Travel Checklist • At least a 1/2 tank of gas • Check your tires for tread and air pressure • Check the weather before you leave	
2) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion Chicken Cannelloni Soup w/ Crackers Fresh Spinach Salad Wheat Hoagie Roll Cinnamon Applesauce PC Mayo 	3) Roast Pork w/ Gravy Mashed Potatoes Italian Vegetable Blend Wheat Dinner Roll Fresh Orange 	4) Stuffed Pepper Casserole Seasoned Green Beans Italian Bread Pineapple	5) Sweet and Sour Pork w/ Fortune Cookie Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Dinner Roll Cookie	6) Chicken Salad w/ Lettuce, Tomato, Onion on Croissant Italian Pasta Salad Seasoned Peas Mandarin Oranges
9) Baked Chicken Thighs w/ Gravy Garlic Mashed Potatoes Seasoned Broccoli Biscuit Peach Crisp w/ Whipped Topping 	10) Cheese Tortellini w/ Meatballs and Marinara Sauce Caesar Salad Italian Bread Banana PC Parm	11) Valentines Meal Breaded Baked Chicken Breast Creamy Pesto Pasta Sicilian Vegetable Blend Pumpkin Bread Red Velvet Cake w/ Cream Cheese Frosting 	12) Baked Homemade Meatloaf w/ Gravy Mashed Sweet Potatoes Seasoned Wax Beans Wheat Bread Fruit Cocktail PC Ketchup 	13) Turkey Ala King Over Egg Noodles California Vegetable Blend Wheat Dinner Roll Tropical Fruit Cup 
16) No meals served 	17) Polish Sausage Au Gratin Potatoes Bavarian Sauerkraut Wheat Hot Dog Bun Mandarin Oranges PC Ketchup, Mustard	18) Ash Wednesday Homemade Mac and Cheese Casserole Stewed Tomatoes Rye Bread Applesauce	19) Goulash Seasoned Peas and Carrots Italian Bread Fresh Orange PC Parm	20) Egg and Broccoli Frittata Harvard Beets Mixed Vegetables Wheat Bread Sliced Peaches 
23) Chicken Stew Seasoned Brussels Sprouts Biscuit Brownie 	24) Tuna Salad Sandwich w/ Lettuce, Tomato, Onion Broccoli and Cheddar Soup w/ Crackers Glazed Carrots 2 Slices Rye Bread Banana 	25) Spaghetti and Meatballs w/ Marinara Sauce Garden Salad Italian Bread Deluxe Fruit Cup PC Parm 	26) Greek Seasoned Chicken Breast w/ Feta Greek Seasoned Rice Seasoned Broccoli and Cauliflower ½ Wheat Pita Apple Crisp w/ Whipped Topping	27) Vegetable Lasagna Seasoned Spinach and Tomatoes Wheat Bread Tangerines

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 \$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 Connor Abbott, RD, 12/30/2025 CA