















Eat Well...Stay Well Dining
JULY 2026 - Menu for Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Reservation deadline for August's End of Summer Picnic is July 24th</i></p> 	<p><i>1) 4th of July Meal</i> Hot Dog Baked Beans Confetti Corn Whole Wheat Hot Dog Bun Strawberry Shortcake PC Ketchup, Mustard, Relish</p>	<p>2) Ham Salad Sandwich Macaroni Salad Marinated Tomato and Cucumber Salad 2 Slices Rye Bread Mandarin Oranges</p>	<p>3) No meals <i>Closed in observance of Independence Day</i></p> 
<p>6) Bone In Pork Chop Cheesy Mashed Potatoes Glazed Carrots Rye Bread Cinnamon Applesauce</p>	<p>7) Turkey Burger Supreme w/ Lettuce, Tomato, Onion, Pickle Baked Sweet Potato Seasoned Peas Wheat Hamburger Bun Brownie PC Ketchup, Mustard</p> 	<p>8) Italian Sausage w/ Peppers and Onions Potato Salad Caesar Salad Wheat Hot Dog Bun Banana PC Ketchup, Mustard</p> 	<p>9) Broccoli and Cheese Strata O'Brien Potatoes Stewed Tomatoes Wheat Dinner Roll Sliced Peaches</p>	<p>10) Turkey Cobb Salad Pea and Pasta Salad Biscuit Fresh Honeydew Melon PC Dressing</p> 
<p>13) BBQ Pork Riblet 3 Bean Salad Italian Vegetable Blend Wheat Hoagie Roll Fresh Cantaloupe</p>	<p>14) Julienne Salad w/ Ham and Bleu Cheese Crumbles Two Type Potato Salad Muffin Pineapple PC Dressing</p> 	<p>15) Breaded Chicken Drumsticks Scalloped Potatoes Broccoli Salad Wheat Dinner Roll Fruited Gelatin w/ Whipped Topping</p>	<p>16) Homemade Salisbury Steak w/ Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread Deluxe Fruit Cup PC Ketchup</p> 	<p>17) Hot Dog w/ Chili Sauce Harvard Beets California Vegetable Blend Wheat Hot Dog Bun Fresh Watermelon PC Ketchup, Mustard</p>
<p>20) Homemade Mac and Cheese Casserole Seasoned Broccoli Wheat Bread Homemade Apple Crisp w/ Whipped Topping</p> 	<p>21) Breakfast Casserole w/ Cheddar and Sausage Pickled Beets Garden Salad Cinnamon Raisin Bread Fresh Orange PC Dressing</p> 	<p>22) Turkey and Grape Salad Sandwich Chicken Cannelloni Soup w/ Crackers Tomato and Cucumber Slices ½ Wheat Pita Tropical Fruit Cup</p> 	<p>23) BBQ Pulled Pork Sandwich w/ Pickle Chips Au Gratin Potatoes Coleslaw Wheat Hamburger Bun Apricots</p>	<p>24) Stuffed Pepper w/ Marinara Sauce Glazed Carrots Italian Bread Pineapple</p>
<p>27) Ham and Swiss Cheese Sandwich w/ Lettuce, Tomato, Onion Tri-Color Pasta Salad Spinach Salad 2 Slices Wheat Bread Banana PC Mayo, Mustard</p>	<p>28) Chicken Thighs w/ Gravy Garlic Mashed Potatoes Seasoned Brussels Sprouts Wheat Dinner Roll Sliced Pears</p> 	<p>29) Cheese Tortellini w/ Meatballs and Marinara Sauce Parslied Cauliflower Italian Bread Sliced Peaches PC Parm</p>	<p>30) Baked Homemade Meatloaf w/ Gravy Mashed Sweet Potatoes Mixed Vegetables Rye Bread Fresh Watermelon PC Ketchup</p> 	<p>31) Julienne Salad w/ Turkey and Cheddar Cheese Hearty Vegetable Soup w/ Crackers Muffin Fresh Cantaloupe PC Dressing</p> 

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 6/2/2026 CA