

Nutrition Office
716-438-4031

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

Niagara County
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Have you submitted your Early Outreach HEAP application yet??</u>	<i>Contact the Office for the Aging for help with your HEAP application today!</i> 716-438-3030	Reservation deadline for Thanksgiving meal is October 16th!!	1) Turkey Chili Con Carne w/ Goldfish Crackers Seasoned Peas Corn Muffin Fresh Watermelon	2) Penne and Meatballs w/ Tomato Sauce Seasoned Carrots Wheat Bread Mini Bananas PC Parm 
5) Beef Stroganoff over Rotini Noodles California Vegetable Blend Multigrain Bread Fresh Grapes	6) Meat Lasagna Italian Vegetable Blend Apple Cinnamon Muffin Sliced Pears 4oz Grape Juice PC Parm	7) Breaded Chicken Drumstick Potato Salad Seasoned Cauliflower Buttermilk Biscuit Fresh Cantaloupe 	8) Homemade Salisbury Steak w/ Gravy Scalloped Potatoes Seasoned Green Beans Wheat Dinner Roll Pineapple PC Ketchup	9) Center Cut Pork Chop Baked Sweet Potato Bavarian Kraut Corn Muffin Cinnamon Applesauce
12) Columbus Day  No Meals Served	13) Homemade Mac and Cheese Casserole Stewed Tomatoes Seasoned Peas Nature Valley Cinnamon Crisps Sliced Peaches	14) Stuffed Pepper Casserole Fresh Spinach Salad Wheat Dinner Roll Fresh Grapes 4oz Apple Juice PC Dressing 	15) Sweet and Sour Pork Seasoned Brown Rice Stir Fry Vegetable Blend Wheat Bread Mini Bananas 	16) Breakfast Casserole w/ Cheddar and Sausage O'Brien Potatoes Seasoned Green Beans English Muffin Fresh Orange
19) BBQ Chicken Thigh Garlic Mashed Potatoes Spinach and Tomatoes Buttermilk Biscuit Cinnamon Sliced Pears 	20) Spaghetti and Meatballs w/ Tomato Sauce Garden Salad Multigrain Bread Mandarin Oranges PC Parm, Dressing 	21) Sliced Baked Ham Scalloped Potatoes Seasoned Brussels Sprouts Blueberry Muffin Sliced Peaches	22) Baked Homemade Meatloaf w/ Gravy Baked Sweet Potato Confetti Corn Wheat Dinner Roll Fresh Honeydew Melon Cinnamon Graham PC Ketchup	23) Turkey Ala King Over Brown Rice Mixed Vegetables Wheat Bread Deluxe Fruit Cup 4oz Orange Juice
26) Chicken Breast Sandwich w/ Lettuce, Tomato and Onion Minestrone Soup Seasoned Broccoli Wheat Hamburger Bun Apricots PC Mayo	27) Chicken Stew w/ Goldfish Crackers Seasoned Peas and Carrots Wheat Dinner Roll Fresh Watermelon	28) Goulash Italian Vegetable Blend Nature Valley Cinnamon Crisps Tropical Fruit Cup PC Parm	29) Egg and Broccoli Frittata Pickled Beets Tomatoes and Zucchini English Muffin Fresh Cantaloupe 	30) Roast Pork w/ Au Jus Au Gratin Potatoes Caesar Salad Whole Grain Banana Muffin Mandarin Oranges Happy Halloween! 

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 \$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 9/2/26