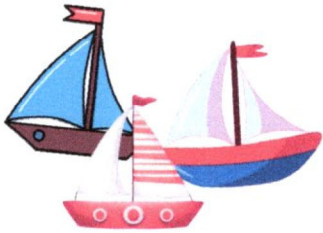


Cattaraugus County Department of the Aging

800-462-2901

716-373-8032



Senior Wellness and Nutrition Program Menu

Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Blueberry Pancake with Fried Egg Turkey Sausage Home Fries Fresh Fruit Tomato Juice	4 Baked Ham Sweet Potato Italian Green Beans Pineapple Wheat Dinner Roll Fruit Juice	5 Hamburger On Bun Lettuce & Tomato Potato Wedges Warm Applesauce Fruit & Veggie Juice	6 Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes with Gravy Broccoli Fresh Fruit	7 Tuna Noodle Casserole Carrots Mandarin Oranges Rye Bread Fruit & Veggie Juice
10 Hot Dog On Bun Baked Beans Potato Wedges Fresh Fruit	11 Spanish Rice Fiesta Corn Pear Wheat Bread	12 Cold Chicken Salad on Croissant Lettuce & Tomato Broccoli Salad Bean Salad Banana	13 Apple Spice Pork Loin Hash Brown Casserole Key Largo Veggies Pineapple Rye Bread	14 Macaroni and Cheese Stewed Tomatoes Peaches Wheat Dinner Roll Fruit & Veggie Juice
17 Steak Hoagie with Peppers & Onions Potato Salad Green Beans Fresh Fruit	18 Breaded Chicken Drumstick Mashed Potatoes with Gravy Peas Mandarin Orange Wheat Dinner Roll	19 Cheese Stuffed Shells Capri Veggies Banana Garlic Bread	20 	21 Mexican Omelet Deluxe Home Fries Warm Cinnamon Applesauce Mini Muffin Fruit&Veggie Juice
24 Sliced Roast Beef with Gravy O'Brien Potatoes Carrots Wheat Bread Fresh Fruit	25 Juliane Salad Including Turkey, Ham & Cheese Tomato & Cucumber Dressing/Grapes Multi-Grain Bread	26 Chicken Casserole Mixed Veggies Pineapple Wheat Bread Fruit & Veggie Juice	27 Meatloaf with Gravy Mashed Potatoes with Gravy Corn Fresh Orange Wheat Dinner Roll	28 Potato Crusted Fish Baked Potato with Sour Cream Coleslaw Fresh Pear Rye Bread
31 Sloppy Joe on Bun Tater Tots Peas Fresh Fruit				

All meals are served with 1/2 pint milk and margarine.

Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.

****Please contact Department of the Aging with any known food allergies**