Cattaraugus County Department of the Aging

1 800-462-2901

(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
2 **Fried Egg, Sliced Cheese & Sausage on Croissant** Breakfast Potatoes Warm Cinnamon Applesauce Fruit & Veggie Juice	3 **Grilled Chicken Breast** Baked Potato with Sour Cream Spinach Fresh Grapes Multi-Grain Bread	4 **Sweet & Sour Pork over Rice** Oriental Veggies Pineapple Wheat Bread Fruit Juice	5 **Beef Stew Over Biscuit** Corn Fresh Pear	6 **Macaroni & Cheese** Stewed Tomatoes Peaches Wheat Bread Fruit & Veggie Juice
9 **Pot Roast with Gravy** Mashed Potatoes with Gravy Carrots Mixed Fruit Multi-Grain Bread Fruit Juice	10 **Chicken Parmesan over Penne Pasta** Prince William Veggies Fresh Mandarin Orange Wheat Bread	11 **CLOSED** 	12 **Baked Ham** Sweet Potato Peas Pineapple Multi-Grain Bread Fruit Juice	13 **Fish Sandwich on Bun** Tarter Sauce Capri Veggies Tomato Basil Soup Crackers Fresh Apple
16 **Chicken Cordon Bleu** Parsley Potatoes Roasted Veggies Peaches Wheat Bread Fruit Juice	17 **Swedish Meatballs over Noodles** California Blend Veggies Mandarin Orange Whole Wheat Dinner Roll Fruit & Veggie Juice	18 **Italian Sausage on Roll with Peppers & Onions** Potato Wedges Peas Banana	19 **Thanksgiving Meal** **Roast Turkey & Stuffing with Gravy** Mashed Sweet Potatoes Green Bean Casserole Pull Apart Roll Pumpkin Pie Fresh Apple	20 **Potato Crusted Fish** Tarter Sauce Coleslaw Mixed Veggies Pineapple Wheat Bread Fruit Juice
23 **Breaded Chicken Drumstick** Mashed Potatoes with Gravy Beets Fresh Pear Multi-Grain Bread	24 **Ham & Scalloped Potato Casserole** Mixed Veggies Warm Applesauce Rye Bread Fruit Juice	25 **Spanish Rice** Italian Beans Banana Wheat Bread	26 **Thanksgiving CLOSED** 	27 **CLOSED**
30 **Chili** Corn Bread Fiesta Corn Fresh Orange				

All meals are served with 1/2 pint milk and whipped spread.
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 or intolerances**