



Cattaraugus County Department of the Aging

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Senior Wellness & Nutrition Program Menu 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Glazed Ham Sweet Potatoes Green Beans Pineapple Wheat Dinner Roll Fruit Juice</p>	<p>2 Chicken Salad on Croissant Leaf Lettuce Pickled Beets Grapes Fruit & Veggie Juice</p>	<p>3 Sloppy Joe on Bun Tater Tots Peas Banana</p>	<p>4 Roast Turkey with Gravy Mashed Potatoes with Gravy Harvard Beets Blushing Pears Wheat Bread Fruit Juice</p>	<p>5 Tuna Noodle Casserole Carrots Mandarin Oranges Rye Bread Fruit & Veggie Juice</p>
<p>8 Tuscan Chicken Casserole Corn Pears Wheat Bread Fruit Juice</p>	<p>9 Meatball Sub with Cheese Potato Wedges Capri Veggies Mixed Fruit Fruit Juice</p>	<p>10 No Meal - Volunteer Picnic <i>Thank you Volunteers!</i></p>	<p>11 Blueberry Filled Pancake Fried Egg Ham Steak Home Fries Fresh Fruit Tomato Juice</p>	<p>12 Macaroni and Cheese Stewed Tomatoes Peaches Wheat Dinner Roll Fruit & Veggie Juice</p>
<p>15 Hot Dog on a Bun Baked Beans Potato Salad Warm Applesauce Fruit Juice</p>	<p>16 Stuffed Shells Tossed Salad Dressing Fresh Pear Garlic Bread</p>	<p>17 Honey Garlic Pork Chop Sweet Potatoes Green Beans Banana Wheat Bread</p>	<p>18 Meatloaf with Ketchup Glaze Roasted Potatoes Prince Edward Veggies Pineapple Multi Grain Bread Fruit Juice</p>	<p>19 Juneteenth BBQ Chicken Leg Au Gratin Potatoes Spinach Fresh Fruit Wheat Dinner Roll</p>
<p>22 Spanish Rice Fiesta Corn Peaches Wheat Bread Fruit Juice</p>	<p>23 Monterey Chicken Breast Baked Potato Carrots Mandarin Orange Rye Bread</p>	<p>24 Sliced Roast Beef with Gravy Mashed Potatoes with Gravy Key Largo Veggies Banana Wheat Dinner Roll</p>	<p>25 Turkey Tetrazzini Capri Veggies Pears Wheat Bread Fruit & Veggie Juice</p>	<p>26 Cheddar Baked Fish Hash Brown Casserole Peas Cherry Applesauce Multi Grain Bread Fruit Juice</p>
<p>29 Pizza Burger on Bun Potato Wedges Mixed Veggies Fresh Fruit</p>	<p>30 Chicken Caesar Salad Grapes Three Bean Salad Wheat Dinner Roll</p>			

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**

**10
tips**
Nutrition
Education Series



Based on the
**Dietary
Guidelines
for Americans**

Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "Skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.