



Cattaraugus County Department of the Aging  
1-800-462-2901

**June 2017**

**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

					1	<b>Swedish Meatballs over Noodles</b> Capri Blend Veggies. Fruit Punch Rye Bread Cherry Poke Cake w/Topping	2	<b>BBQ Pork on a Roll</b> Tater Tots Tossed Salad w/ Dressing Pineapple	
5	<b>Fried Chicken</b> Potato Salad Prince Edward Vegetables Wheat Roll Tropical Fruit	6	<b>Meatball Sub w/Mozzarella Cheese</b> Steak Fries California Blend Vegetables Mandarin Oranges	7	<b>Apple Spice Pork Roast</b> Sweet Potato Oriental Vegetables Grape Juice Rye Bread Lemon Bars	8	<b>Turkey Salad on Croissant w/ Lettuce &amp; Tomato Slices</b> 3 Bean Salad Cantaloupe	9	<b>Potato Crusted Fish</b> Potato Wedges Coleslaw Wheat Bread Ambrosia Salad
12	<b>Country Fried Steak w/Gravy</b> Mashed Potatoes Spinach 12 Grain Bread Pears	13	<b>Parmesan Crusted Chicken Breast w/Sauce</b> Rice Pilaf Capri Blend Veggies. Cranberry Juice Italian Bread Pound Cake w/ Strawberries	14	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Dinner Roll Raspberry Peach Slices	15	<b>Meatloaf</b> Garlic Mashed Potatoes Brussel Sprouts Wheat Roll Cinnamon Applesauce	16	<b>Turkey Ala King over Biscuit</b> Mixed Vegetables Apple Juice Brownie
19	<b>Italian Sausage w/ Peppers &amp; Onions</b> Tater Tots Broccoli Salad Pineapple	20	<b>Western Omelet</b> Home Fries Blueberry Muffin Fresh Fruit Cup	21	<b>Cheddar &amp; Roasted Red Pepper Soup</b> Grilled Chicken on Brioche w/ Lettuce & Tomato Grapes	22	<b>Taco Burger on a Bun</b> Lettuce & Tomato Sour Cream Macaroni Salad Beets Fruit Jello	23	<b>Turkey &amp; Broccoli Divan</b> Peppered Rice Cranberry Juice Wheat Bread Cream Raspberry Dessert
26	<b>Texas Hot Dog on a Roll</b> Baked Beans Pasta Salad Fresh Orange	27	<b>Swiss Steak</b> Mashed Potatoes w/Gravy Carrots 12 Grain Bread Watermelon	28	<b>Ham &amp; Scalloped Potatoes</b> Green Beans 12 Grain Bread Peaches	29	<b>Chicken Caesar Salad</b> Pull Apart Rolls Fruit Punch Apple Pie	30	<b>Scampi Baked Fish</b> Red Roasted Potatoes Broccoli Cheddar Bake Cranberry Juice Wheat Roll Pudding in a Cloud

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.**