

West Valley's

942-6695

Cattaraugus County Department of the Aging

1-800-462-2901

2018



2018

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

*"Before the reward there must be labor. You plant before you harvest.
You sow in tears before you reap joy."
- Ralph Ransom*

MONDAYS

									
3	HOLIDAY	4	Meatloaf Mashed	5	National Cheese Pizza Day	6	Breaded Chicken Breast	7	Scampi Baked Fish
		Potatoes w/Gravy Garlic Roasted Brussel Sprouts Apple Juice Rye Bread Warm Gingerbread		(Congregate Only) Creamy Noodles & Ham Mixed Vegetables 12 Grain Bread Mandarin Oranges		Rice Pilaf Green Beans Wheat Roll Banana		Tater Tots Coleslaw Cranberry Juice Wheat Bread Peanut Butter Cookie	
10	Spaghetti & Meatballs	11	Sweet & Sour Pork	12	Open Face Hot Turkey	13	Salisbury Steak	14	Grilled Chicken
Parmesan Cheese California Blend Vegetables Garlic Bread Pears		Oriental Blend Vegetables Rye Bread Pineapple		Sandwich w/Gravy Mashed Potatoes w/Gravy Hubbard Squash Fruit Punch Cherry Pie		Baked Potato w/ Sour Cream Peas Wheat Dinner Roll Peaches		Sandwich on Bun Lettuce, Tomato & Mayo Broccoli Cheese Soup w/Crackers Warm Baked Cinnamon Apples	
17	Baked Ham	18	National Cheeseburger Day	19	National Butterscotch Pudding Day	20	Turkey Ala King	21	Meat Lasagna
Sweet Potato Broccoli 12 Grain Bread Fruit Cocktail		Cheeseburger w/ Ketchup & Mustard Lettuce & Tomato Minestrone Soup Wax Beans Tropical Fruit		Breaded Chicken Legs Red Potatoes Carrots & Grape Jc. Wheat Roll Butterscotch Pudding		over Biscuit Mixed Vegetables Fruited Jello w/ Topping		Tossed Salad w/ Dressing Garlic Bread Italian Beans Mandarin Oranges	
24	Western Omelet w/ Peppers & Onions	25	Herb Seasoned Pork Roast w/Gravy	26	Spanish Rice	27	Macaroni & Cheese	28	Breaded Fish w/Tartar Sauce
O'Brien Potatoes Tomato Juice Blueberry Muffin Banana		Mashed Potatoes w/Gravy Capri Blend Vgs. Grape Juice Wheat Bread Brownie		Fiesta Corn Wheat Roll Pineapple		Stewed Tomatoes 12 Grain Bread Apricots		Prince Edward Vegetables Fruit Punch Rye Bread Warm Peach Cobbler	

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.

1954-55 2/11/55

WICKHAM

VEBO