

September 2021 Menu

For the safety of yourself and others, please wear a mask when accepting your meals.

Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. If you are on a special diet and have specific questions, please contact the Nutrition Department at (716) 822-2002. **If you need to cancel your meals, please call (716) 822-2002 by 2:00 p.m. the day prior to delivery.**

If you receive one meal per day, you will be served the hot meal. You will only be served the cold meal if you receive two meals per day.

The essential work done by FeedMore WNY is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the federal government, the New York State Department of Health and Office for the Aging, Erie County's Departments of Senior and Social Services and Niagara County's Office for the Aging. For more information about FeedMore WNY, visit www.feedmorewny.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – Labor Day	7	8	9	10
No meals served due to holiday.	Hot Meal: Ham Steak with Maple Glaze, Scalloped Potatoes, Brussel Sprouts Cold Meal: Egg Salad with Wheat Bread	Hot Meal: Breaded Fish with Tartar Sauce, Rice Pilaf, Broccoli Cold Meal: Cooked Chicken Breast with Wheat Bread	Hot Meal: Breaded Boneless Chicken Breast with Tomato Sauce and Mozzarella, Wax Beans, Seasoned Spinach Cold Meal: Tuna Salad with White Bread	Hot Meal: Roast Beef with Onion Gravy, Sweet Potatoes, Green Beans Cold Meal: Ham Salad with White Bread
13	14	15	16	17
Hot Meal: Italian Sausage with Peppers, Onions, Tomato Sauce and Roasted Red Potatoes, Mixed Vegetables Cold Meal: Turkey with Wheat Bread	Hot Meal: Vegetable Lasagna with Cream Sauce, Italian Green Beans, Cauliflower Cold Meal: Egg Salad with Rye Bread	Hot Meal: Boneless Chicken Breast with Lemon Herb Sauce, Sweet Potatoes, Peas Cold Meal: Ham with Multigrain Bread	Hot Meal: Meatloaf with Gravy, Mashed Potatoes, Broccoli Cold Meal: White American Cheese with Wheat Bread	Hot Meal: Chili con Carne, Carrots, White Rice Cold Meal: Chicken Salad with Wheat Bread
20	21	22	23	24
Hot Meal: Pork Ribette with BBQ Sauce, Cheesy Mashed Potatoes, Seasoned Mixed Greens Cold Meal: Hardboiled Eggs with Wheat Bread	Hot Meal: Beef Stew with Vegetables, Brussels Sprouts Cold Meal: Turkey with Rye Bread	Hot Meal: Roast Turkey with Gravy, Mashed Potatoes, Peas and Carrots Cold Meal: Tuna Salad with Multigrain Bread	Hot Meal: Beef Macaroni Casserole, California Blend Vegetables, Corn Cold Meal: Chicken Salad with Italian Bread	Hot Meal: Breaded Fish, Macaroni and Cheese, Italian Green Beans Cold Meal: Ham Salad with Wheat Bread
27	28	29	30	October 1
Hot Meal: Cheese Ravioli with Tomato Meat Sauce, Peas, Seasoned Summer Squash with Peppers Cold Meal: Peanut Butter and Jelly with Wheat Bread	Hot Meal: Breaded Chicken Breast with Gravy, Carrots, Cauliflower Cold Meal: Egg Salad with Rye Bread	Hot Meal: Roast Beef with Gravy, Sweet Potatoes, Savory Cabbage Cold Meal: Turkey Salad with Italian Bread	Hot Meal: Bratwurst with Baked Beans, Roasted Potatoes, Harvard Beets Cold Meal: Chicken Salad with Cranberries, White Bread	Hot Meal: Cheese Omelet with Creole Sauce, Cheesy Diced Potatoes, Broccoli Cold Meal: Meatloaf with Multigrain Bread