

October 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
4	5	6	7	8
<p>Hot Meal: Chicken Breast with Lemon Caper Sauce, Cauliflower and Carrots, Mushroom Farro Risotto Cold Meal: Peanut Butter and Jelly with Wheat Bread</p>	<p>Hot Meal: Macaroni and Cheese, Stewed Tomatoes, Green Beans Cold Meal: Hard Boiled Eggs with Rye Bread</p>	<p>Hot Meal: Polish Sausage with Sauerkraut, German Potato Salad, Broccoli Cold Meal: Turkey with Wheat Bread</p>	<p>Hot Meal: Tortellini with Tomato Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables Cold Meal: Chicken Salad with White Hamburger Roll</p>	<p>Hot Meal: Salisbury Steak with Onion Gravy, Scalloped Potatoes, Peas Cold Meal: Ham with Multigrain Bread</p>
11	12	13	14	15
<p>Hot Meal: Turkey Breast with Gravy and Cranberry Sauce, Mashed Potato, Carrots Cold Meal: American Cheese with Multigrain Bread</p>	<p>Hot Meal: Beef Pepper Steak Casserole, Broccoli, Waxed Beans Cold Meal: Tuna Salad with Wheat Bread</p>	<p>Hot Meal: Meatballs with Tomato Sauce and Cheese, Country Cottage Mixed Vegetables, Peas Cold Meal: Cooked Chicken Breast with Rye Bread</p>	<p>Hot Meal: Roast Pork Loin with Cranberry Chutney, Sweet Potato, Green Beans Cold Meal: Egg Salad with White Bread</p>	<p>Hot Meal: Beer Battered Fish with Tartar Sauce, Au Gratin Potatoes, Tomato and Zucchini Cold Meal: Turkey with Wheat Bread</p>
18	19	20	21	22
<p>Hot Meal: Veal Parmesan with Tomato Sauce and Cheese, Seasoned Spinach, Wax Beans Cold Meal: Peanut Butter and Jelly with White Bread</p>	<p>Hot Meal: Boneless Chicken Breast with Gravy, Cheddar Mashed Potato, Carrots Cold Meal: Tuna Pasta Salad</p>	<p>Hot Meal: Beef Bourguignon, Cauliflower, French Bean Medley Cold Meal: Turkey with Rye Bread</p>	<p>Hot Meal: Chicken Pasta Primavera, Italian Mixed Vegetables Cold Meal: Roast Beef with Multigrain Bread</p>	<p>Hot Meal: Ham Steak with Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts Cold Meal: Mediterranean Chicken Salad with White Bread</p>
25	26	27	28	29 – Halloween Meal
<p>Hot Meal: Chicken Vegetable Casserole, Broccoli Cold Meal: Peanut Butter and Jelly with Multigrain Bread</p>	<p>Hot Meal: Hot Dog with Baked Beans, Roasted Red Potato, Carrots Cold Meal: Turkey with Wheat Bread</p>	<p>Hot Meal: Roasted Pork Loin with Gravy, Mashed Squash, Green Beans Cold Meal: Egg Salad with Rye Bread</p>	<p>Hot Meal: Lasagna Roll with Meat Sauce, California Mixed Vegetables, Spinach Cold Meal: Chicken Salad with Wheat Bread</p>	<p>Hot Meal: Breaded Chicken Drumsticks, Cheesy Mashed Potato, Peas with Pearl Onions Cold Meal: Cottage Cheese with Fruit Garnish and Wheat Bread</p>