

November 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
1	2	3	4	5
Hot Meal: Cheese Omelet with Cheese Sauce, Tater Tots, Peppers, Onions & Tomatoes Cold Meal: Turkey with White Bread	Hot Meal: Boneless Chicken Breast with Gravy, Mashed Sweet Potatoes, Peas Cold Meal: Egg Salad with Wheat Bread	Hot Meal: Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella, Broccoli, Zucchini & Yellow Squash Cold Meal: Roast Beef with White Bread	Hot Meal: Roast Pork with Gravy, Lazy Pierogi, Carrots Cold Meal: American Cheese with Multigrain Bread	Hot Meal: Teriyaki Seasoned Beef Strips, Oriental Mixed Vegetables, Cauliflower, White Rice Cold Meal: Chicken Pasta Salad with Rye Bread
8	9	10	11	12
Hot Meal: Ancho Chicken Fajita Skillet with Peppers, Onions & Salsa, Spanish Rice, Corn Cold Meal: Ham with Wheat Bread	Hot Meal: Stuffed Shells with Tomato Meat Sauce & Mozzarella, Seasoned Spinach with Mushrooms, Cauliflower Cold Meal: Tuna Salad with Rye Bread	Hot Meal: Breaded Pork Chop with Gravy, Scalloped Potatoes, Peas with Red Pepper Cold Meal: Chicken Salad with Cranberries, Wheat Bread	Hot Meal: Beer Battered Fish, Broccoli, Zucchini with Diced Tomatoes Cold Meal: Cottage Cheese with Fruit Garnish, Rye Bread	Hot Meal: Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetables Cold Meal: Turkey Salad with Wheat Bread
15	16	17	18	19
Hot Meal: Ham Steak with Crushed Pineapple Topping, Sweet Potatoes, Creamy Cabbage with Dill Cold Meal: Chicken Breast with Wheat Bread	Hot Meal: Beef Stew with Vegetables & Brussels Sprouts Cold Meal: Egg Salad with Rye Bread	Hot Meal: Cheese Tortellini with Chicken & Roasted Red Pepper Sauce, Carrots, Italian Vegetables Cold Meal: Meatloaf with Wheat Bread	Hot Meal: Turkey Breast with Gravy & Cranberry Sauce, Butternut Squash, Green Peas Cold Meal: Peanut Butter & Jelly with White Bread	Hot Meal: Stuffed Pepper with Tomato Meat Sauce, Mashed Potato, Broccoli Cold Meal: Tuna Salad with White Bread
22	23 – Thanksgiving Meal	24	25 – Thanksgiving Day	26
Hot Meal: Polynesian Chicken, California Blend Vegetables, Zucchini & Summer Squash Cold Meal: Hardboiled Eggs with Wheat Bread	Hot Meal: Turkey with Gravy, Mashed Potato with Chives, Green Bean Casserole Cold Meal: Tuna Salad with White Bread	Hot Meal: Sloppy Joe, Cheesy Diced Potatoes, Carrots Cold Meal: Ham Salad with White Bread	No meals served due to holiday	Hot Meal: Beer Battered Fish, German Potato Salad, Mixed Vegetables Cold Meal: Peanut Butter & Jelly with White Bread
29	30	December 1	December 2	December 3
Hot Meal: Meatballs with Tomato Sauce & Mozzarella, Cauliflower, Seasoned Spinach Cold Meal: Chicken Breast with Rye Bread	Hot Meal: Buffalo Style Breaded Chicken Breast with Buffalo Style Sauce, Fiesta Corn, Broccoli Cold Meal: Tuna Salad with White Bread	Hot Meal: Roast Turkey with Gravy, Mashed Sweet Potato, Peas Cold Meal: Egg Salad with Wheat Hamburger Roll	Hot Meal: Beef Stew with Vegetables, Mashed Potatoes Cold Meal: Ham with Wheat Bread	Hot Meal: Roast Pork with Warm Cinnamon Apples, Mashed Butternut Squash, Green Beans Cold Meal: Chicken Salad with White Bread