

This menu is subject to change

MAY-NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. LUNCH is served Monday-Thursday, from 12:00 pm-1:00 pm.




Reservations must be made at least 24 hours in advance by calling 636-3050. There are absolutely NO walk-ins accepted.

The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

LUNCH IS COMPLIMENTARY ON THURSDAY, MAY 27.

Compliments of our friends at Elderwood.



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Julienne salad Vegetable beef soup Fruit punch Italian bread Apple	4 Turkey with gravy Mashed potatoes Mixed vegetables Dinner roll Cookie	5 MOTHER'S DAY LUNCH Chicken Rice pilaf Carrots Wheat roll Orange 	6 Macaroni & cheese Stewed tomatoes Broccoli White bread Banana	7 Roast beef with gravy Mashed potatoes Mixed vegetables Cake
10 Reuben Garden vegetables Rye bread Mandarin orange	11 Chicken with gravy Rice Carrots Dinner roll Pineapple chunk	12 BBQ ribette Mixed vegetables Hoagie roll Cookie	13 Lasagna rolls Meatballs Chef salad Green beans Italian bread Lemon ice	14 Pizza & wings Celery & carrots Grape juice Cake
17 Chili Baked potato Carrots Crackers Diced pears	18 Pork chop with gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie	19 Breakfast sandwich Hash brown potato Spiced apples Mandarin orange	20 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots	21 Chicken Rice Beets Corn muffin Strawberry ice cream
24 Macaroni & cheese Stewed tomatoes Green beans Italian bread Tropical fruit	25 Cabbage roll Mashed potatoes Peas Dinner roll Brownies	26 Fish Rice Mixed vegetables 12 grain bread Peaches	27 MEMORIAL DAY BBQ BBQ chicken Baked potato Corn Corn muffin Pound cake 	28 Hamburger & roll Potato wedge Broccoli Rice Krispy bar
31 CLOSED 				

amherstcenterforseniorservices.com or 636-3050