

\$3 suggested donation

APRIL NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, from 12:00 pm-1:00 pm. Reservations must be made at least 24 hours in advance by calling 636-3051. There are 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.

<u>MONDAY</u> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	4 Polish sausage Sauerkraut Pierogi Mixed vegetables Roll Pears	5 Spaghetti Meatballs Cauliflower Grape juice Italian bread Fruit cocktail	6 Chicken stir fry Stir fry vegetables Broccoli Rice Fortune cookie	7 Breaded chicken Baked beans Spinach Corn muffin Cookie	1 Mac & cheese Stewed tomatoes Mixed vegetables 12 grain bread Orange
Garden burger Roll Potato, vegetable Dessert	11 Meatloaf w/gravy Potatoes Lima bean bake Honey bran bread Diced pears	12 Chicken Caesar salad Chili Italian bread Angel food cake	13 EASTER LUNCH Broccoli ch chicken Garden rice Orange glazed carrots Dinner roll Cake	14 PASSOVER MEAL Roast beef w/ gravy Potatoes Green beans Roll Fruit tart	15 CLOSED  GOOD FRIDAY
Vegetable stir fry Rice Bread Dessert	18 DINGUS DAY Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Donut	19 Turkey w/gravy Mashed potatoes Mixed vegetables Multigrain bread Cookie	20 Chicken Rice pilaf Carrots Wheat dinner roll Apple	21 Macaroni & Cheese Stewed tomatoes Broccoli White bread Diced pears	22 Julienne salad Veg & beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	25 1/2 Reuben Garden vegetable Cranberry juice Rye bread Pineapple chunk	26 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin oranges	27 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	28 Lasagna roll Meatballs Chef salad Broccoli Italian bread Lemon ice	29 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots

Tues. April 5, 5:00 pm
Ham, Au gratin potato, Vegetable, Dessert

Tues. April 12, 5:00 pm
Open faced turkey, Potato, Vegetable, Cupcake

What's For Dinner?

Tues. April 19, 5:00 pm
Swiss Steak, Mashed Potato, Vegetable, Dessert

Tues. April 26, 5:00 pm
Chicken Chef Salad, Soup, Dessert

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