


# JANUARY NUTRITION

\$3 suggested donation

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.

<u>MONDAY</u> <i>Vegan Option</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lentil soup Small salad Bread Dessert	<b>3</b> Chicken Spanish rice Mixed vegetables Wheat bread Cookie	<b>4</b> Salisbury steak Mashed potatoes Mixed vegetables Rye bread Tropical fruit	<b>5</b> Omelet Garden rice Carrots Dinner roll Cake	<b>6</b> Turkey w/gravy Mashed potato Peas & onions Stuffing Diced peaches	<b>7</b> Fish Potato wedge Broccoli Wheat Banana
Garden burger Roll Potato, vegetable Dessert	<b>10</b> Polish sausage Sauerkraut Pierogi Mixed vegetables Roll Mandarin orange	<b>11</b> Spaghetti Meatballs Broccoli Grape juice Pasta Fruit cocktail	<b>12</b> Chicken stir fry Stir fry vegetables Carrots Rice Fortune cookie	<b>13</b> Scrambled eggs Sausage Pancakes Orange juice Muffin Tropical fruit	<b>14 MLK LUNCH</b> Breaded chicken Beans Spinach Corn muffin Pecan pie
Vegetable stir fry Rice Bread Dessert	<b>17 CLOSED</b> 	<b>18</b> Chicken Caesar Salad Chili Italian bread Angel food cake	<b>19</b> Meatloaf w/gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	<b>20</b> Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate pudding	<b>21</b> Breaded fish Rice Green beans Muffin Diced pears
Vegetarian chili Baked potato Bread Dessert	<b>24</b> Julienne salad Beef soup Fruit punch Italian bread Apple	<b>25</b> Turkey w/gravy Mashed potato Mixed vegetables Dinner roll Cookie	<b>26</b> Chicken Rice pilaf Carrots Wheat dinner roll Orange	<b>27</b> Macaroni & cheese Stewed potatoes Broccoli White bread Banana	<b>28</b> Roast beef w/gravy Mashed potatoes Mixed vegetables Rye bread Cake
Lentil soup Small salad Bread Dessert	<b>31</b> 1/2 Reuben Vegetables Cranberry juice Rye bread Mandarin orange				

*This menu is subject to change*

Tuesday, January 18, 5:00 pm  
Chili, baked potato, chef salad and dessert



Tuesday, January 25, 5:00 pm  
Creamy pesto chicken pasta,  
vegetable and dessert

\$5.00

**RESERVATIONS MUST BE MADE IN ADVANCE BY CALLING 636-3051**