

\$3 suggested donation

SEPTEMBER 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 | | | | 1 Turkey w/gravy Mashed potatoes Broccoli Multigrain bread Banana | 2 LABOR DAY CELEBRATION Hot dog w/roll Macaroni salad Corn Cake |
| Garden burger Roll Potato Vegetable Dessert | 5 CLOSED | 6 Hamburger w/roll Potato wedge Mixed vegetables Diced peaches | 7 Chicken w/gravy Potato Mixed vegetables Dinner roll Orange | 8 Lasagna roll Dragon juice Key largo vegetables Rye bread Brownie | 9 Omelet Broccoli Muffin Pudding |
| Vegetable stir fry Rice Bread Dessert | 12 Polish sausage Lazy pierogi Peas Roll Pineapple chunk | 13 Chicken Caesar salad Cranberry juice Bread stick Cake | 14 Sloppy joe w/roll Tatar tots Mixed vegetables Apricots | 15 Roast beef w/ gravy Mashed potatoes Mixed vegetables Dinner roll Cake | 16 Belgian waffle Sausage Peach halves Cookie |
| Vegetarian chili Baked potato Bread Dessert | 19 Fish Potato Mixed vegetables Rye bread Peaches | 20 Chicken Garden rice Carrots Dinner roll Cookie | 21 HISPANIC HERITAGE DAY Cuban sandwich Rice Spanish cauliflower Diced pears | 22 Stuffed pepper Mashed potato Mixed vegetables Dinner roll Cake | 23 Macaroni & cheese Stewed tomatoes Mixed vegetables 12 grain bread Orange |
| Lentil soup Small salad Bread Dessert | 26 Spaghetti & meatballs Mixed vegetables Grape juice Italian bread Fruit | 27 ROSH HASHANAH Roast beef w/gravy Sweet potato Mixed vegetables Multi grain bread Cake | 28 Pork chop w/gravy Mashed potatoes Peas Dinner roll Fruit cocktail | 29 Chicken Garden rice Creamed spinach Rye bread Cookie | 30 Cheeseburger w/ roll Potato salad Corn Fresh fruit |

*What's
For
Dinner?*



Tues. Sep. 6,
5:00
Fajitas
Rice
Refried beans
Dessert

Tues. Sep. 13 ,
5:00
Beef stroganoff
Noodles
Vegetable
Dessert

Tues. Sep. 20,
5:00
BLT sandwich
Garden vegetable
soup
Dessert

Tues. Sep. 27,
5:00
Julienne salad
Soup, Bread
Dessert

RESERVATIONS MUST BE MADE IN ADVANCE ON MYACTIVECENTER.COM OR BY CALLING 636-3051