

APRIL 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, 12:00-1:00 pm.

Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or 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.

VEGAN OPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil soup Small salad Bread Dessert	3 Ham Pineapple sauce Scalloped potato Carrots Dinner roll Cake	4 Spaghetti & meatballs Cauliflower Grape juice Italian bread Fruit cocktail	5 EASTER Chicken cordon blue Garden rice Orange glazed carrots Dinner roll Cake	6 Taco Rice Corn Spumoni ice cream	7 CLOSED  GOOD FRIDAY
Garden burger Roll Potato Vegetable Dessert	10 DINGUS DAY Cabbage roll Mashed potatoes Vegetable mix Dinner roll Donut	11 Build your own salad Soup Italian bread Angel food cake	12 Pulled pork Garden rice Carrots Hoagie roll Diced peaches	13 PASSOVER Roast beef w/ gravy Oven potato Green beans Roll Cookie	14 Breaded chicken Baked beans Spinach Corn muffin Cookie
Vegetable stir fry Rice Bread Dessert	17 Polish sausage w/ roll Lazy pierogi Vegetable mix Peaches	18 Stuffed pepper Mashed potatoes Vegetable mix Dinner roll Cookie	19 Chicken Rice pilaf Carrots Wheat dinner roll Apple	20 Macaroni & cheese Stewed tomatoes Broccoli White bread Diced pears	21 Julienne salad Vegetable beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	24 Reuben sandwich Garden vegetables Cranberry juice Rye bread Pineapple chunk	25 BBQ ribette Potato wedge Vegetable mix Hoagie roll Mandarin orange	26 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	27 Lasagna rolls Meatballs Chef salad Broccoli Italian bread Lemon ice	28 Breaded fish Wild rice Vegetable mix Dinner roll Apricots

DINNERS: Dinner is served on Tuesday at 5:00 pm

April 4 Hot open faced turkey sandwich, Potato, Vegetable, Dessert

April 11 Chicken Parmesan, Spaghetti, Vegetable, Juice, Dessert

April 18 Polish sausage on roll, Pierogis, Vegetable, Dessert

April 25 Reuben, Soup, Dessert



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