

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 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.

BREAKFAST-Wednesday, Sep. 15 9:00 am Menu: Scrambled eggs Hash browns Sausage Toast	DINNER-Wednesday, Sep. 22 at 5:00 pm Menu: TBA	ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS <ul style="list-style-type: none"> August 2-Lentil soup, small salad, bread and dessert August 9-Garden burger on roll, potato, vegetable and dessert August 16-Vegetable stir fry, rice, bread and dessert August 23-Vegetarian chili, baked potato, bread and dessert August 30-Lentil soup, small salad, bread and dessert
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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Fish Rice Mixed vegetables 12 grain bread Peaches	2 Breaded chicken Baked potato Spinach Corn muffin Pound cake	3 Hamburger w/roll Potato wedge Corn Cookie
6 CLOSED	7 Stuffed pepper Mashed potato Carrots Italian bread Cookie	8 Roast beef w/gravy Oven brown potato Green beans Dinner roll Cake	9 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread	10 Tilapia Rice Mixed vegetables Multi grain bread Diced peaches
13 Sloppy joes w/roll Tater tots Carrots Apricots	14 Chicken pot pie Mixed vegetables Broccoli Rye bread Chocolate chip cookies	15 Spaghetti & meatballs Blended juice Green beans Dinner roll Lemon ice	16 Pork chop w/gravy Au gratin potato Mixed vegetables Dinner roll Cake	17 Omelet Sweet potato fries California blend Blueberry muffin Fresh fruit
20 Hot dog w/roll Baked beans Potato wedge Mixed vegetables Cookie	21 Salisbury steak Mashed potato Green beans White bread Diced pears	22 Roast beef w/gravy Mashed potatoes Broccoli Multi grain bread Cake	23 Pulled pork Pasta salad Corn Roll Fruit	24 Breaded fish Zucchini & tomatoes Coleslaw Rice pilaf Banana
27 Hamburger w/roll Potato wedge Carrots Cake	28 Sliced ham Scalloped potatoes Peas Rye bread Ice cream	29 Pork chop Garden rief Mixed vegetables Dinner roll Mandarin orange	30 Chicken w/gravy Oven brown potato Mixed vegetables Dinner roll Cake	<i>This menu is subject to change</i>

Monthly Dinners Are Returning! The first dinner will be on Wed. September 22 at 5:00 pm. The menu will be created by your recipes. Submit a recipe that reminds you of your childhood or something that has been passed down through the years. Submissions can be sent to Donna Muck, Kitchen Manager, at dmuck@amherst.ny.us or placed in the Recipe Box in the Dining Room. If your recipe is selected you will have a designated table for five of your guests-COMPLIMENTARY.