


\$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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