

# FeedMore why

# July 2023 Menu

For the safety of yourself and others, please wear a mask when accepting your meals.

**Menu may change without notice.** Special Diet meals may be different than stated on the menu to meet dietary requirements. If you are on a special diet and have specific questions, please contact the Nutrition Department at (716) 822-2002. **If you need to cancel your meals, please call (716) 822-2002 by 2:00 p.m. the day prior to delivery.**

**If you receive one meal per day, you will be served the hot meal. You will only be served the cold meal if you receive two meals per day.**

The essential work done by FeedMore WNY is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the federal government, the New York State Department of Health and Office for the Aging, Erie County's Departments of Senior and Social Services and Niagara County's Office for the Aging. For more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>Hot Meal:</b> Breaded Chicken Drumsticks, Cauliflower, Baked Beans</p> <p><b>Cold Meal:</b> Peanut Butter &amp; Jelly with Wheat Bread</p>	<p><b>Closed in Recognition of Independence Day</b></p>	<p><b>Hot Meal:</b> Polish Sausage with Sauerkraut &amp; Mustard, Seasoned Roasted Potato, Au Gratin Broccoli</p> <p><b>Cold Meal:</b> Egg Salad with Wheat Bread</p>	<p><b>Hot Meal:</b> Tortellini with Tomato Meat Sauce and Shredded Mozzarella, Seasoned Spinach, Italian Mixed Vegetable</p> <p><b>Cold Meal:</b> Chicken Salad with Cranberries and White Hamburger Roll</p>	<p><b>Hot Meal:</b> Salisbury Steak with Onion Gravy, Scalloped Potatoes, Peas</p> <p><b>Cold Meal:</b> Ham and Wheat Bread</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>Hot Meal:</b> Beef Pepper Steak Casserole, Wax Beans, Broccoli Florets, White Rice</p> <p><b>Cold Meal:</b> Hard Boiled Eggs with Wheat Bread</p>	<p><b>Hot Meal:</b> Sliced Turkey Breast with Gravy, Mashed Potato, Carrots</p> <p><b>Cold Meal:</b> Tuna Salad with Multigrain Bread</p>	<p><b>Hot Meal:</b> Meatballs with Tomato Sauce and Mozzarella, Country Cottage Mix, Green Peas</p> <p><b>Cold Meal:</b> Cooked Chicken Breast with Rye Bread</p>	<p><b>Hot Meal:</b> Pork Loin with Warm Cinnamon Apples, Sweet Potato, Green Beans</p> <p><b>Cold Meal:</b> Yellow American Cheese with White Bread</p>	<p><b>Hot Meal:</b> Beer Battered Fish Fry with Tartar Sauce, Au Gratin Potatoes, Stewed Tomato and Zucchini</p> <p><b>Cold Meal:</b> Turkey with Wheat Bread</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Hot Meal:</b> Breaded Chicken with Buffalo Sauce, Seasoned Spinach, Corn with Red Pepper</p> <p><b>Cold Meal:</b> Peanut Butter &amp; Jelly with White Bread</p>	<p><b>Hot Meal:</b> Steakhouse Burger with Gravy, Cheddar Mashed Potato, Lima Bean Bake</p> <p><b>Cold Meal:</b> Turkey with Rye Bread</p>	<p><b>Hot Meal:</b> Beef Stroganoff, Cauliflower, French Bean Medley, Brown Rice</p> <p><b>Cold Meal:</b> Tuna Macaroni Salad with Wheat Bread</p>	<p><b>Hot Meal:</b> Chicken Pasta Primavera, Cream Sauce with Spinach and Carrots, Italian Vegetables, Penne Pasta</p> <p><b>Cold Meal:</b> Roast Beef with Multigrain Bread</p>	<p><b>Hot Meal:</b> Ham Steak with Maple Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts</p> <p><b>Cold Meal:</b> Chicken Salad with White Bread</p>
<b>24</b>	<b>25 – Christmas in July</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>Hot Meal:</b> Chicken Vegetable Casserole, Mashed Potato, Broccoli Florets</p> <p><b>Cold Meal:</b> Peanut Butter &amp; Jelly with Multigrain Bread</p>	<p><b>Hot Meal:</b> Chicken Cordon Bleu with Herb Cream Sauce, Vegetable Rice Pilaf, Orange Glazed Carrots</p> <p><b>Cold Meal:</b> Egg Salad with White Bread</p>	<p><b>Hot Meal:</b> Hot Dog and Bun with Baked Beans, Tater Tots, Corn</p> <p><b>Cold Meal:</b> Turkey with Wheat Bread</p>	<p><b>Hot Meal:</b> Lasagna Roll with Meat Sauce and Mozzarella, California Mix Vegetable, Green Beans</p> <p><b>Cold Meal:</b> Chicken Salad with Wheat Bread</p>	<p><b>Hot Meal:</b> Meatloaf with Swiss Gravy, Mashed Potato, Peas with Pearl Onions</p> <p><b>Cold Meal:</b> Cottage Cheese with Pineapple and Wheat Bread</p>
<b>31</b>	<b>August 1</b>	<b>August 2</b>	<b>August 3</b>	<b>August 4</b>
<p><b>Hot Meal:</b> Cheese Omelet with Peppers, Onions &amp; Tomatoes, Cheese Diced Potatoes, Seasoned Spinach</p> <p><b>Cold Meal:</b> Turkey with White Bread</p>	<p><b>Hot Meal:</b> Boneless Chicken Breast with Marsala Sauce, Mashed Potatoes, Green Beans</p> <p><b>Cold Meal:</b> White American Cheese with Wheat Bread</p>	<p><b>Hot Meal:</b> Baked Rigatoni with Italian Sausage and Tomato Sauce, Broccoli Florets, Zucchini &amp; Yellow Squash</p> <p><b>Cold Meal:</b> Egg Salad with White Bread</p>	<p><b>Hot Meal:</b> Breaded Boneless Pork Chop with Gravy, Lazy Pierogi, Peas</p> <p><b>Cold Meal:</b> Roast Beef with Multigrain Bread</p>	<p><b>Hot Meal:</b> Teriyaki Seasoned Beef Strips, Oriental Mixed Vegetable, Carrots, White Rice</p> <p><b>Cold Meal:</b> Tuna Salad with White Bread</p>