


JUNE 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.

ALTERNATE VEGAN MENU WILL BE OFFERED ON MONDAYS

- June 7-Lentil soup, small salad, bread and dessert
- June 14-Garden burger on roll, potato, vegetable and dessert
- June 21-Vegetable stir fry, rice, bread and dessert
- June 28-Vegetarian chili, baked potato, bread and dessert

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Turkey with gravy Sweet potatoes Green beans Dinner roll Cookie	2 Hot dog with roll Potato wedge Corn Fruit	3 Chicken leg Scalloped potatoes Brussel sprouts Rye bread Banana bread	4 Tilapia Rice Mixed vegetables Multi grain bread Diced peaches
7 <i>National Chocolate Ice Cream Day</i> Sloppy joes with roll Tater tots Carrots Chocolate ice cream	8 Sliced ham Pineapple glaze Scalloped potatoes Broccoli Rye bread Chocolate chip cookies	9 Spaghetti Meatballs Blended juice Green beans Dinner roll Lemon ice	10 Pork chop with gravy Au gratin potatoes Mixed vegetables Dinner roll Cake	11 Omelet Sweet potato fries California blend Blueberry muffin Fruit
14 <i>Flag Day</i> Hot dog with roll Baked beans Potato wedge Corn Cookie	15 Salisbury steak Mashed potatoes Green beans White bread Diced pears	16 <i>Father's Day Lunch</i> Roast beef & gGravy Mashed potatoes Broccoli Multi grain bread Cake	17 <i>Juneteenth</i> Chicken Waffles Cranberry juice Baked peaches Lemon ice box pie	18 CLOSED 
21 Hamburger with roll Potato wedge Carrots Cake	22 <i>National Éclair Day</i> Sliced ham Scalloped potatoes Peas Rye bread Chocolate éclair	23 Pork chop Garden rice Mixed vegetables Dinner roll Mandarin oranges	24 Chicken with gravy Oven browned potato Mixed vegetables Dinner roll Cake	25 Omelet Hash brown Broccoli Muffin Pudding
28 Polish sausage Lazy pierogi Peas Roll Pineapple	29 Chicken Caesar salad Cranberry juice Bread stick Cake	30 Sloppy joe with roll Tater tots Mixed vegetables Apricots	1 Beef stew Mashed potatoes Stew vegetables Biscuit Cookie	2 Hot dog with roll Baked beans Potato salad Corn on the cob Ice cream



SNAP EDUCATION (SNAP-Ed) teaches people to shop for and cook healthy meals. SNAP-Ed can help people learn how to make their SNAP dollars stretch. Please go to snaped.tns.usda.gov for more information.