

Meals on Wheels HOT Lunch Calendar

Lunch is delivered between 11:15am—1:00pm Monday—Friday by our fantastic Meals on Wheels volunteers. Please call Jennifer at the Golden Age Center at (716) 773-9682 with any questions. **Please remember: HOT meals include: 4 oz. meat, 4 oz. starch, 4 oz. of vegetable OR 4. oz. fruit. The Souper Seniors meal includes: 8 oz. soup, crackers, sandwich, & 4 oz. fruit OR 4 oz. vegetable.**

Menu subject to change without notice. Our meals are made with NO additional salt OR sugar. Enjoy!

August 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Travel Club meeting Meatloaf with Mashed Potatoes, Gravy & Mixed Vegetables 	4 Ham & Scalloped Potatoes with Peaches	5 Good Vibrations Beach Bash Birthday Party Ham & Swiss Slider, Sweet & Sour Meatballs, Fruit Kabob & Pineapple Upside Down Cake	6 Tuna Noodle Casserole with Peas	7 Souper Seniors 	8
9	10 Pulled Pork Taco with Coleslaw, Chips & Salsa and Tropical Fruit	11 Brunch for Lunch Breakfast Hash Casserole with Yogurt Parfait, Mixed Fruit & Sausage	12 Pork Chop with Mashed Potatoes & Applesauce	13 Polish Sausage with Lazy Pierogi and Applesauce	14 Souper Seniors 	15
16 	17 Chicken Drumsticks with Stuffing, Peaches & Corn	18 Beef Taco Salad with Chips & Salsa and Tropical Fruit	19 Turkey Dinner with Stuffing, Cranberry Sauce & Carrots	20 Executive Board meeting Herbed Pork Loin with Rice, Applesauce, Hearty Vegetable & Pie	21 Souper Seniors 	22
23	24 Julienne Salad with Cup of Soup and Roll & Butter	25 Cheese Ravioli with Meat Sauce, Green Beans & Garlic Bread	26 Beef Fajita with Rice & Pineapple	27 Summer Picnic 2026! Twisted Hot Dog, Hamburger Slider, Veggie Cup with Dip, Watermelon Slice, Macaroni Salad, & Pretzel Bites with Ice Cream Sundae Bar	28 Souper Seniors 	29
30	31 Pizza with Chicken Fingers with Carrots, Celery & Dip	<u>The Souper Seniors meal includes:</u> <i>TWO different soups, a sandwich, a fruit OR vegetable and a side. Enjoy!</i>				