



Erie County Stay Fit Dining Program Menu



November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
28 Cheese Omelet with Peppers, Onions & Tomatoes Tater Tots Au Gratin Spinac... Raisin Bread Pineapple Tidbits (689)	29 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Grape Juice Dinner Roll Peaches <i>Chocolate Milk</i> (755)	30 Turkey a la King with White Rice Green Beans Orange Pineapple Juice Strawberry Gelatin (612)	31 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoe: Peas Chef Salad with Dressing Dinner Roll Banana Cream Pie (1140)	1 Hungarian Goulash over Rotini Pasta Carrots Broccoli Florets Vanilla Ice Cream (648)
4 Chicken Breast with Marsala Sauce Vegetable Rice Pilaf Country Cottage Vegetable Blend Fruit Punch Sugar Cookies (651)	5 Closed Election Day	6 Beef Macaroni Casserole with Cheddar Cheese Peas Corn Dinner Roll Fresh Orange <i>Chocolate Milk</i> (887)	7 Veterans Day Meal Roast Beef with Gravy Scalloped Potatoes Broccoli Florets Chef Salad with Dressing Whole Wheat Roll Lemon Meringue Pie (935)	8 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Dinner Roll Fudge Round (672)
11 No Meals Served 	12 Hamburger with Onion Gravy on a Bun Mashed Potatoes Mixed Vegetables Butterscotch Pudding (886)	13 Soup & Sandwich Minestrone Soup Chicken Salad Sandwich on a Wheat Roll Brussels Sprouts Lorna Doones (700)	14 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Cheesy Mashed Potatoes Peas Fresh Apple <i>Chocolate Milk</i> (890)	15 Western Quiche with Cheese Sauce Harvard Beets Broccoli Florets Wheat Dinner Roll Strawberry Ice Cream (693)
18 Sloppy Joe on a Bun Tater Tots Peas & Carrots Tropical Fruit (713)	19 Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Oatmeal Cookies (868)	20 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Blend Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Chocolate Pudding (851)	21 Entrée Salad Grilled Chicken, Mandarin Orange & Sunflower Salad on a Bed of Fresh Salad Greens Wheat Dinner Roll Lorna Doones (715)	22 Taco Day! Ground Beef Taco with Shredded Cheddar on a Flour Tortilla Spanish Rice Seasoned Corn & Black Beans Fresh Banana <i>Chocolate Milk</i> (808)
25 Macaroni & Cheeseburger Casserole Peas with Red Pepper California Blend Vegetables Rice Krispie Treat (721)	26 Thanksgiving Meal Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie with Whipped Topping (963)	27 Pork Ribette with BBQ Sauce on a Bun Garlic Mashed Potatoes Broccoli Florets Pineapple Tidbits <i>Chocolate Milk</i> (786)	28 No Meals Served 	29 Breaded Chicken with Gravy on a Bun Potatoes O'Brien Green Beans Fruit Compote (683)

Please call 716 452-7934 for reservations