



# Erie County Stay Fit Dining Program Menu



November 2024



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