



# Erie County Stay Fit Dining Program Menu

NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 No Meals Served</p> <p><b>New Years Day</b></p>	<p>3 Polish Sausage with Sauerkraut &amp; Mustard on a Bun Seasoned Potatoes Au Gratin Broccoli Rice Krispie Treat (772)</p>	<p><b>Entrée Salad</b> Grilled Chicken, Mandarin Orange &amp; Sunflower Salad with Dressing Wheat Dinner Roll Fruit Cocktail Chocolate Milk (651)</p>	<p>5 Tortellini with Tomato Meat Sauce &amp; Shredded Mozzarella <b>Chef Salad with Dressing</b> Italian Mixed Vegetables Fruit Punch Italian Bread Fresh Orange (736)</p>	<p>6 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (762)</p>
<p>9 Sliced Turkey with Stuffing, Gravy &amp; Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (689)</p>	<p>10 Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (645)</p>	<p>11 Penne Pasta with Meatballs, Tomato Sauce &amp; Mozzarella Cheese <b>Chef Salad with Dressing</b> Country Cottage Mix Grape Juice Ambrosia (780)</p>	<p>12 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Fresh Grapes Chocolate Milk (644)</p>	<p><b>Martin Luther King Meal</b> Breaded Chicken Gummy Bears Mandarin Orange Seasoned Mixed Greens Cornbread Mashed Cucumber/Tomato &amp; Onion Salad Banana Cream Pie (4213)</p>
<p>16 No Meals Served</p> <p><b>Martin Luther King Day</b></p>	<p>17 Boneless Chicken Breast with Marsala Sauce Vegetable Rice Pilaf Italian Mixed Vegetables Fruit Punch Oatmeal Raisin Cookies (725)</p>	<p>18 No lunch</p>	<p>Broccoli Cheddar Soup <b>Cranberry Chicken Salad</b> Carrots <b>Chef Salad with Dressing</b> Club Crackers Fresh Banana (928)</p>	<p>20 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)</p>
<p>23 Chicken Vegetable Casserole with a Biscuit Broccoli Florets Peaches &amp; Mandarin Oranges (562)</p>	<p>24 DINNER @4 Roast turkey Mashed Sweet potatoes Peas-Stuffin-Molded Cranberry sauce-Salad Ice cream-Roll</p>	<p><b>Entrée Salad</b> Chicken Caesar Salad with Caesar Dressing Whole Wheat Dinner Roll Cinnamon Streusel Cake (1060)</p>	<p>26 Lasagna Roll with Meat Sauce &amp; Shredded Mozzarella California Mixed Vegetables Grape Juice <b>Chef Salad with Dressing</b> Dinner Roll Lemon Bavarian (863)</p>	<p>27 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (722)</p>
<p>30 Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)</p>	<p>No lunch</p>	<p>1 Rigatoni &amp; Italian Sausage with Tomato Sauce &amp; Shredded Mozzarella Broccoli Florets <b>Chef Salad with Dressing</b> Dinner Roll Peach Bavarian (737)</p>	<p>2 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple &amp; Mandarin Oranges (677)</p>	<p>3 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear Chocolate Milk (625)</p>