



# Erie County Stay Fit Dining Program

## Standard Menu

### November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Omelet with Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (690)	<b>31 Happy Halloween</b> Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper <i>Maninated Beet &amp; Onion Salad</i> Dinner Roll Caramel-Drizzled Brownie (879)	<b>1</b> Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (745)	<b>2</b> Boneless Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots <i>Chef Salad with Dressing</i> Whole Wheat Dinner Roll Pears & Mandarin Oranges (634)	<b>3</b> Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple <i>Chocolate Milk</i> (624)
<b>6</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Potatoes Peas with Red Pepper Dinner Roll Gingersnap Cookies (831)	<b>7</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella <i>Chef Salad with Dressing</i> Cauliflower Italian Bread Chocolate Bavarian (849)	<b>8</b> Breaded Chicken Breast with Creole Sauce Spanish Rice French Bean Medley Dinner Roll Fresh Grapes <i>Chocolate Milk</i> (675)	<b>9 Veterans Day Meal</b> Roast Beef with Onion Gravy & Horseradish Ranch-seasoned Mashed Potatoes Broccoli Florets <i>Chef Salad with Dressing</i> Whole Wheat Roll Lemon Meringue Pie (952)	<b>10 No Meals Served</b> 
<b>13</b> Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Wheat Dinner Roll Shortbread Cookies (636)	<b>14</b> Beef Stew Mashed Potatoes Harvard Beets Warm Biscuit Cinnamon Applesauce (661)	<b>15</b>	<b>16</b> ALL YOU CAN EAT SPAGETTI LUNCH	<b>17</b> FOOD TRUCK
<b>20</b> Polynesian Chicken over White Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Frosting (757)	<b>21 Thanksgiving Meal</b> Roasted Turkey with Stuffing & Gravy Sweet Potatoes with Brown Sugar Green Bean Casserole <i>Molded Cranberry Salad</i> Dinner Roll Pumpkin Pie with Whipped Topping (1059)	<b>22</b> Cheese Ravioli with Tomato Meat Sauce & Mozzarella Cauliflower <i>Chef Salad with Dressing</i> Italian Bread Fresh Pear <i>Chocolate Milk</i> (825)	<b>23 No Meals Served</b> 	<b>24</b>
<b>27</b> Swedish Meatballs over Rotini Pasta Brussels Sprouts Grape Juice Fruit Cocktail (640)	<b>28</b> Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Florets Butterscotch Pudding (775)	<b>29</b>	<b>30</b> Chili con Carne with Cheddar Cheese Carrots Fruit Punch <i>Chef Salad with Dressing</i> Cornbread Fresh Apple <i>Chocolate Milk</i> (946)	<b>1</b> Roast Pork with Warm Cinnamon Apples Lazy Pierogi Peas with Red Pepper Wheat Bread Chocolate Mousse (686)