

Erie County Stay Fit Dining Program

Standard Menu

November 2021



NOTE!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Omelet with Peppers, Onions, Tomatoes & Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)	2 Election Day Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)	3 Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (746)	4 Soup & Salad Bean & Ham Soup with Cornbread Carrots <i>Chef Salad with Dressing</i> Pineapple & Mandarin Oranges (651)	5 Teriyaki Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple <i>Chocolate Milk</i> (661)
8 <i>New Menu Item</i> Ancho Chicken Fajita Skillet with Peppers, Onions, & Salsa Spanish Rice Corn Flour Tortilla Fresh Orange ()	9 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach & Mushrooms Cauliflower Italian Bread Shortbread Cookies (791)	10 Veterans Day Meal Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper <i>Chef Salad with Dressing</i> Dinner Roll Cherry Pie with Whipped Topping (1047)	11 No Meals Served 	12 Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit <i>Chocolate Milk</i> (848)
15 Ham Steak with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Whole Wheat Dinner Roll Shortbread Cookies (692)	16 Beef Stew Brussels Sprouts Warm Biscuit Cinnamon Applesauce <i>Chocolate Milk</i> (600)		18 Entrée Salad Chicken Caesar Salad with Caesar Dressing, Parmesan Cheese, & Croutons Wheat Bread Strawberry Bavarian (848)	19 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Dinner Roll Fruit Compote (658)
22 Polynesian Chicken over White Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Chocolate Frosting (773)	23 Thanksgiving Meal Turkey with Stuffing & Gravy Mashed Potatoes with Chives Green Bean Casserole Whole Wheat Roll Molded Cranberry Salad Pumpkin Pie with Whipped Topping (1066)	24 Sloppy Joe on a Wheat Bun Cheesy Diced Potatoes Sliced Carrots Fresh Banana <i>Chocolate Milk</i> (835)	25 No Meals Served 	26 closed
29 Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701)	30 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Tapioca Pudding with Diced Peaches (736)	1 Entrée Salad Tuna Salad with Hard-Boiled Egg on a Bed of Fresh Salad Greens Whole Grain Crackers Fresh Apple <i>Chocolate Milk</i> (711)	2 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)	3 Roast Pork with Warm Cinnamon Apples Mashed Butternut Squash Creamy Dill Cabbage Wheat Bread Frosted Spice Cake (737)