















# Erie County Stay Fit Dining Program

## Standard Menu

### November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cheese Omelet with Peppers, Onions, Tomatoes & Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)	<b>3 Election Day</b>  Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)	<b>4</b> Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <b>Chef Salad with Dressing</b> Dinner Roll Peach Bavarian (746)	<b>5</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (678)	<b>6 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Lettuce Club Crackers Fresh Apple Chocolate Milk (774) 
<b>9</b> Breaded Chicken Breast with Herb Gravy Roasted Red Potatoes French Bean Medley Dinner Roll Fresh Orange Chocolate Milk (618) 	<b>10 Veterans Day Meal</b>  Savory Chicken Breast with Herbed Cream Sauce Apple-Cranberry Stuffing Broccoli Spears <b>Chef Salad with Dressing</b> Boston Cream Pie (775)	<b>11 No Meals Served</b> 	<b>12</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Lorna Doone Cookies (791)	<b>13</b> Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Cocktail (792)
<b>16</b> Ham Steak with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Whole Wheat Dinner Roll Shortbread Cookies (692)	<b>17</b> Hearty Beef Stew Brussels Sprouts Warm Biscuit Cinnamon Applesauce <b>Chocolate Milk</b> (675) 	<b>18</b> Cheese Tortellini with Chicken & Cream Sauce Carrots <b>Chef Salad with Dressing</b> Italian Bread Fresh Orange (618)	<b>19 Entrée Salad</b> Chicken, Mandarin Orange & Sunflower Seed Salad Whole Grain Crackers Strawberry Bavaria (628) 	<b>20</b> Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Dinner Roll Fruit Compote (658)
<b>23</b> Polynesian Chicken over Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Whipped Topping (707)	<b>24 Thanksgiving Meal</b> Roasted Turkey with Stuffing & Gravy Sweet Potatoes with Brown Sugar Green Bean Casserole Hearty Wheat Roll Cranberry Gelatin Salad Pumpkin Pie with Whipped Topping (1051) 	<b>25</b> Sloppy Joe on a Bun Cheesy Mashed Potatoes Carrots Fresh Banana <b>Chocolate Milk</b> (922) 	<b>26 No Meals Served</b> 	<b>27</b> Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Dinner Roll Tropical Fruit (668)
<b>30</b> Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701) 	<b>1 Entrée Salad</b> Cranberry Chicken Salad on a Bed of Lettuce Club Crackers Fresh Apple <b>Chocolate Milk</b> (766) 	<b>2 Soup &amp; Salad</b> Navy Bean Soup Brussels Sprouts <b>Chef Salad with Dressing</b> Savory Cornbread Tapioca Pudding with Peaches (769) 	<b>3</b> Hearty Beef Stew Mashed Potatoes Warm Biscuit Chocolate Mousse (727)	<b>4</b> Roast Pork with Warm Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (770)