

LANCASTER SENIOR CENTER
 100 Oxford Ave
 Lancaster, NY 14086
 716-685-3498

Erie County Stay Fit Dining Program

Standard Menu

October 2019



Lunch orders are placed
 on TUESDAY one week
 ahead for the full week!

Monday	Tuesday	Wednesday	Thursday	Friday
30 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches <i>Chocolate Milk</i> (813)	1 Quarter Chicken with Gravy Carrots Cauliflower Rice Sugar Cookies (780)	2 Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (671)	3 Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges (731)	4 Entrée Salad Cranberry Chicken Salad On a Bed of Lettuce with Classique Dressing Club Crackers Tropical Fruit (662)
7 Boneless Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Dinner Roll Oatmeal Raisin Cookies (674)	8 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Carrots Black Forest Cake with Whipped Topping (975)	9 Macaroni & Cheese Stewed Tomatoes Broccoli Wheat Dinner Roll Fruit Cocktail (938)	10 Side Salad Tortellini with Tomato Meatsauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange <i>Chocolate Milk</i> (701)	11 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Strawberry Bavarian (795)
14 <i>No meals!!</i> Turkey with Gravy & Creamy Sauce Mashed Potatoes Carrots Dinner Roll Lima Beans	15 Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Spinach Butterscotch Pudding (645)	16 Penne Pasta with Meatballs, Spaghetti Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables Pineapple Juice Brownie (784)	17 Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce <i>Chocolate Milk</i> (682)	18 Entrée Salad Tuna Macaroni Salad on a Bed of Lettuce with Tomatoes & Dressing Whole Grain Crackers Ambrosia (698)
21 Soup & Sandwich Shredded Pork in Gravy on a Whole Wheat Bun Navy Bean Soup Seasoned Spinach Chocolate Pudding (594)	22 Panko Breaded Chicken Thigh Cheddar Mashed Potatoes Lima Bean Bake Multigrain Bread Tropical Fruit <i>Chocolate Milk</i> (867)	23 Beef Stroganoff over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (763)	24 Cabbage Roll with Savory Meatsauce Mashed Potatoes Normandy Blend Vegetables Dinner Roll Fresh Grapes (655)	25 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (800)
28 Chicken Vegetable Casserole with a Biscuit Broccoli Fresh Apple (600)	29 Entrée Salad Julienne Salad Whole Wheat Dinner Roll Pineapple <i>Chocolate Milk</i> (691)	30 Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	30 Breaded Chicken Drumsticks Whole Sweet Potatoes Green Beans Dinner Roll Chocolate Éclair (764)	1 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)