





# Erie County Stay Fit Dining Program

## Standard Menu

### November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Chicken Vegetable Casserole with a Biscuit Broccoli Fresh Apple (600)	<b>29 Entree Salad</b> Julienne Salad Whole Wheat Dinner Roll Pineapple <i>Chocolate Milk</i> (691)	<b>30</b> Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	<b>31 Halloween</b> Breaded Chicken Drumsticks Whole Sweet Potatoes Green Beans Dinner Roll Chocolate Éclair (764)	<b>1</b> Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)
<b>4</b> Cheese Omelet with Cheese Sauce Hash Brown Tater Tots Peppers, Onions & Tomatoes Raisin Bread Fruit Compote (777)	<b>5 No Meals</b> <del>Boneless Chicken Breast with Gravy</del> <del>Mashed Sweet Potatoes</del> <del>Peas</del> <del>Breakaway Roll</del> <del>Cinnamon Bread (687)</del>	<b>6 Side Salad</b> Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <b>Chef Salad with Dressing</b> Split Top Roll Peach Bavarian (744)	<b>7</b> Teriyaki Seasoned Beef over Rice Oriental Mixed Vegetables Pineapple Juice Fresh Pear <i>Chocolate Milk</i> (671)	<b>7</b> Breaded Bone-In Pork Chop with Gravy Mashed Potatoes Carrots Whole Wheat Roll Cherry Pie with Whipped Topping (897)
<b>11 No Meals Served</b> 	<b>12</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Italian Cookies (734)	<b>13</b> Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (865)	<b>14 Entree Salad</b> Grilled Chicken Caesar Salad Whole Wheat Dinner Roll Ice Cream (900)	<b>15</b> Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Cocktail (792)
<b>18</b> Breaded Chicken Breast with Gravy Garlic Mashed Potatoes Green Bean Casserole Wheat Bread Cinnamon Applesauce (731)	<b>19</b> Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)	<b>20 Side Salad</b> Cheese Tortellini with Chicken & Cream Sauce Carrots <b>Chef Salad with Dressing</b> Italian Bread Fresh Orange <i>Chocolate Milk</i> (691)	<b>21</b> Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Wheat Roll Shortbread Cookies (693)	<b>22</b> Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Dinner Roll Fruit Compote (658)
<b>25</b> Polynesian Chicken over Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Whipped Topping (707)	<b>26 Thanksgiving Meal</b> Turkey Breast with Stuffing & Gravy Cranberry Gelatin Salad Mashed Potatoes Brussels Sprouts Pumpkin Pie with Whipped Topping (974)	<b>27</b> Sloppy Joe on a Wheat Roll Roasted Red Potatoes Broccoli Fresh Banana <i>Chocolate Milk</i> (764)	<b>28 No Meals Served</b> 	<b>29 No Meals</b> <del>Beer Battered Fish with Tartar Sauce</del> <del>German Potato Salad</del> <del>Mixed Vegetables</del> <del>Cornbread</del> <del>Tropical Fruit (720)</del>