

# Erie County Stay Fit Dining Program

## STANDARD MENU

**NOVEMBER 2016**

Mon.	Tue.	Wed.	Thu.	Fri.
<b>31 Halloween Lunch!</b> Breaded Veal Patty w/Tomato Sauce & Mozzarella Cheese Carrot Coins-Cauliflower Fresh Italian Bread Special Spooky Donut! <b>1001</b>	<b>1</b> Boneless Chicken Breast w/Gravy Roasted O'Brian Potatoes Seasoned Hubbard Squash Whole Wheat Roll Peach & Pear Cup <b>683</b>	<b>2</b> Sliced Roast Beef w/Gravy Whole Wheat Roll Ranch Mashed Potatoes Green Beans Fruited Gelatin <b>676</b>	<b>3 Chicken Bowtie Salad</b> Grilled Chicken Breast Marinated Bowtie Pasta w/Mixed Vegetables Apple Juice Blueberry Muffin Square Fresh Fruit <b>817</b>	<b>4</b> Breaded Fish Patty w/Tartar Sauce Broccoli-Rice Casserole Tender Peas Orange Juice Chocolate Chip Cookies <b>959</b>
<b>7</b> Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Fruit Delight Cookie <b>765</b>	<b>8 Election Day</b> Seasoned Meatballs, Penne Pasta, Tomato Sauce & Mozzarella Cheese California Mixed Vegetables Apple Juice Fresh Fruit <b>840</b>	<b>9</b> Breaded Chicken Breast w/Gravy Mashed Potatoes Harvard Beets Whole Wheat Roll Frosted Yellow Cake <b>895</b>	<b>10 Veterans Day Lunch!</b> Breaded Pork Loin w/Gravy Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fancy Apple Pie! <b>1025</b>	<b>11 Veteran's Day Holiday!</b> <u><b>No Meals Served</b></u>
<b>14</b> Breaded Chicken Breast w/Gravy Soft Roll Mashed Potatoes California Mixed Vegetables Butterscotch Pudding <b>777</b>	<b>15</b> Traditional Knockwurst w/Sauerkraut & Mustard Hot Dog Bun Home Fries Seasoned Spinach Pineapple Tidbits <b>762</b>	<b>16</b> Homemade Meatloaf w/Gravy Diced Creamed Potatoes Bean Medley Dinner Roll Fruited Gelatin <b>865</b>	<b>17</b> Baked Ham Steak w/Pineapple Sauce Whole Sweet Potatoes Apple & Cranberry Compote Whole Wheat Roll Oatmeal Raisin Cookies <b>823</b>	<b>18</b> Spanish Rice Casserole Fresh Cornbread Chopped Broccoli Chef Salad w/Dressing Peach Bavarian <b>920</b>
<b>21</b> Swedish Meatballs w/Cavatappi Pasta Brussels Sprouts Carrot Coins Chocolate Pudding <b>762</b>	<b>22 Thanksgiving Lunch!</b> Sliced Roast Turkey, Bread Stuffing & Gravy Chive Mashed Potatoes Green Beans w/Red Pepper Wonderful Pumpkin Pie! <b>998</b>	<b>23</b> Lasagna Roll w/Meat Sauce Mozzarella Cheese Spinach & Mushrooms Cauliflower Whole Wheat Roll Tropical Fruit Cup <b>781</b>	<b>24 Thanksgiving Day Holiday!</b> <u><b>NO MEALS SERVED</b></u>	<b>25</b> Baked Cheese Omelet w/Cheese Sauce Home Fries w/Red Pepper Chopped Broccoli Multigrain Bread Fresh Fruit <b>696</b>
<b>28</b> Creamy Turkey & Vegetable Pasta Toss Carrot Coins Chopped Broccoli Fruit Delight Cookie <b>624</b>	<b>29</b> Ricotta Cheese Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin <b>764</b>	<b>30</b> Breaded Chicken Cutlet w/Gravy Soft Roll Whole Sweet Potatoes Chef Salad w/Dressing Pineapple Tidbits <b>888</b>	<b>1 NEW MENU ITEM!</b> Chopped Steakhouse Burger w/Jardinière Gravy Mashed Potatoes Stewed Tomatoes Dinner Roll Frosted Chocolate Cake <b>971</b>	<b>2</b> Vegetable Quiche w/White Cheese Sauce Apple & Cranberry Compote Oat Bran Square Fresh Fruit <b>1012</b>