

# Erie County Stay Fit Dining Program

## STANDARD MENU

### November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Sweet & Sour Chicken over White Rice Seasoned Spinach Wax Beans Diced Peaches (602)	<b>2</b> Beef & Rice Patty over Cabbage with Savory Sauce Mashed Potatoes Wheat Dinner Roll Tapioca Pudding (766)
<b>5</b> Pork Ribette with BBQ Sauce on a Bun Mashed Potatoes with Chives Zucchini & Summer Squash Fresh Orange <b>Chocolate Milk</b> (758)	<b>6</b> Beef Stew Mashed Potatoes Biscuit Tropical Fruit Cup (670)	<b>7</b> Breaded Chicken Breast with Gravy Rice Pilaf Broccoli Apple Juice Peach Bavarian (748)	<b>8</b> Meatloaf with Gravy Au Gratin Potatoes Peas Wheat Dinner Roll Gelatin with Fruit (702)	<b>9 Veterans' Day Lunch</b> Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Lyonnaise Potatoes California Blend Vegetables Chocolate Éclair (720)
<b>12 No Meals Served</b> 	<b>13</b> Meatballs with Gravy over Pasta California Blend Vegetables Grape Juice Oatmeal Raisin Cookies (884)	<b>14 Chef Side Salad</b> Breaded Chicken Drumsticks Cauliflower Chef Salad with Dressing Cornbread Rice Krispie Square (763)	<b>15 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Wheat Bread Fresh Orange <b>Chocolate Milk</b> (826)	<b>16</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Peas & Carrots Wheat Dinner Roll Gelatin with Pears (784)
<b>19</b> Sloppy Joe on a Wheat Hamburger Bun Fiesta Corn Cauliflower Lorna Doone Cookies (801)	<b>20 Thanksgiving Meal</b> Sliced Turkey with Stuffing & Gravy Mashed Potatoes Green Beans w/ Red Pepper Dinner Roll Cranberry Gelatin Salad Pumpkin Pie w/ Whipped Topping (1061)	<b>21</b> Ham Steak with Pineapple Sauce Brussels Sprouts Seasoned Mashed Squash Rye Bread Chocolate Frosted Brownie (733)	<b>22 No Meals Served</b> 	<b>23</b> Macaroni & Cheese Wax Beans Broccoli Dinner Roll Fresh Apple (860)
<b>26</b> Pork Stew Parsley Mashed Potatoes Biscuit Tropical Fruit Cup (686)	<b>27</b> Cabbage Roll with Savory Meat sauce Garlic Mashed Potatoes Green Beans Multigrain Bread Diced Pears (713)	<b>28</b> Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Broccoli Rye Bread Lemon Vanilla Pudding (701)	<b>29</b> Sliced Roast Beef with Gravy Sour Cream & Chive Mashed Potatoes Harvard Beets Wheat Dinner Roll Frosted Yellow Cake (857)	<b>30</b> Meatloaf with Gravy Au Gratin Potatoes Carrots Wheat Roll Strawberry Bavarian (934)