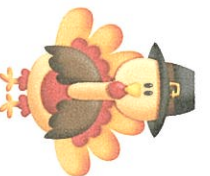




Erie County Stay Fit Dining Program Standard Menu November 2021



Tuesday		Wednesday		Thursday	
2 Election Day	Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)	3	Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (746)	4 Soup & Salad	Bean & Ham Soup with Cornbread Carrots <i>Chef Salad with Dressing</i> Pineapple & Mandarin Oranges (651)
9	Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach & Mushrooms Cauliflower Italian Bread Shortbread Cookies (791)	10 Veterans Day Meal	Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper <i>Chef Salad with Dressing</i> Dinner Roll Cherry Pie with Whipped Topping (1047)	11 No Meals Served	 HAPPY VETERANS DAY
16	Beef Stew Brussels Sprouts Warm Biscuit Cinnamon Applesauce <i>Chocolate Milk</i> (600)	17 New Menu Item	Cheese Tortellini with Chicken & Roasted Red Pepper Sauce Carrots Italian Vegetables Italian Bread Fresh Grapes (519)	18 Entrée Salad	Chicken Caesar Salad with Caesar Dressing, Parmesan Cheese, & Croutons Wheat Bread Strawberry Bavarian (848)
23 Thanksgiving Meal	Turkey with Stuffing & Gravy Mashed Potatoes with Chives Green Bean Casserole Whole Wheat Roll Molded Cranberry Salad Pumpkin Pie with Whipped Topping (1066)	24	Sloppy Joe on a Wheat Bun Cheesy Diced Potatoes Sliced Carrots Fresh Banana <i>Chocolate Milk</i> (835)	25 No Meals Served	 Happy Thanksgiving
30	Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Tapioca Pudding with Diced Peaches (736)	1 Entrée Salad	Tuna Salad with Hard-Boiled Egg on a Bed of Fresh Salad Greens Whole Grain Crackers Fresh Apple <i>Chocolate Milk</i> (711)	2	Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)