



Erie County Stay Fit Dining Program

STANDARD MENU

November 2018



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