



# Erie County Stay Fit Dining Program Town of Tonawanda Sr. Center November 2020

Please call 874-3266 to sign up or cancel a meal



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pot Roast Mashed Potatoes Biscuit Strawberry Gelatin with Fruit Cocktail (755)	<b>3</b> Herb Crusted Tilapia with Lemon Wedge Broccoli Cheese Rice Casserole Zucchini with Diced Tomatoes Wheat Bread Peach Cobbler (728)	<b>4</b> Pork Ribette with Barbecue Sauce Scalloped Potatoes Peas & Carrots Dinner Roll Chocolate Bavarian (895)	<b>5</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Fruit & Yogurt Parfait (752)	<b>6</b> <b>Chocolate Milk</b> Baked Chicken Breast Herb Gravy Roasted Red Potatoes with Green Pepper Hubbard Squash Wheat Bread Oatmeal Raisin Cookie (783)
<b>9</b> Turkey Breast with Gravy Orange Glazed Carrots Green Bean Casserole Stuffing Strawberry Bavarian (640)	<b>10</b> Beef Stew Brussels Sprouts Biscuit Fruit Pie (768)	<b>11</b> <b>Veteran's            Day            Holiday            No Meals Served</b>	<b>12</b> Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Dinner Roll Shortbread Cookie (734)	<b>13</b> Salmon Fillet with Dill Sauce Red Potatoes Seasoned Spinach Dinner Roll Mandarin Oranges (669)
<b>16</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (635)	<b>17</b> Polynesian Chicken Cauliflower Carrots White Rice Chocolate Cake (875)	<b>18</b> Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Carrots Roll or Rye Bread Apple (670)	<b>19</b> Herb Crusted Tilapia with Lemon Wedge Coleslaw German Potato Salad Cornbread Fruit Parfait (863)	<b>20</b> Barbecue Pulled Pork Hubbard Squash Roasted Red Potatoes with Green Pepper Wheat Hamburger Roll Cookie Bar (905)
<b>23</b> Buffalo Style Breaded Chicken Breast Fiesta Corn Broccoli Italian Bread Lemon Berry Pudding (637)	<b>24</b> Braised Pork Shank with Warm Cinnamon Applets Roasted Carrots Mashed Potatoes Wheat Bread Chocolate Mousse (711)	<b>25</b> Beef Stew Brussel Sprouts Biscuit Banana (632)	<b>26</b> <b>Thanksgiving Day</b> Tonawanda Senior Center closed today. A Turkey Dinner with all the fixings is available for home delivery from KenTon Meals on Wheels. Call before November 19 <sup>th</sup> to 874-3595.	<b>27</b> Senior Center Closed No Meals served
<b>30</b> Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Dinner Roll Fruit Crisp (617)	<b>December 1</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (618)	<b>2</b> Baked Cod with Mango Salsa Rice Pilaf Broccoli Carrots Lemon Cake (647) **Menu is subject to change**	<b>3</b> Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	<b>4</b> Sausage Jambalaya Rice Yellow Squash Wheat Dinner Roll Apricots (722)