

September 2020

Erie County Stay Fit Dining Program Town of Tonawanda Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
August 31 Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Fruit Crisp (617)	1 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (618)	2 Baked Cod with Mango Salsa Rice Pilaf Broccoli Carrots Lemon Cake (647)	3 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	4 Labor Day Meal Bratwurst with Baked Beans Red Potato Wedges Mixed Vegetables Hoagie Roll Raspberry Parfait (902)
7 Labor Day Holiday No Meals Served	8 Breaded Fish with Lemon Cream Sauce Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Fruit & Yogurt Parfait (889)	9 Italian Sausage with Peppers & Onions & Tomato Sauce Peas Corn Soft Roll Pineapple (791)	10 Side Salad Chicken Parmesan with Tomato Sauce Bermuda Vegetable Blend Chef Salad with Dressing Penne Pasta Pumpkin Cake(813)	11 Meatloaf with Gravy Mashed Potatoes Country Cottage Mix Vegetables Bread Chocolate Chip Cookie (1040)
14 Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Stuffing Cranberry Jell-O (610)	15 Cabbage Roll with Meat Sauce Mashed Potatoes Corn Rye Bread Apricots (761)	16 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Classique Dressing Homemade Cookie (1048)	17 Pork Ribette with Barbecue Sauce Roasted Red Potatoes with Green Pepper Seasoned Spinach with Mushrooms Soft Roll Fruit Crisp (895)	18 Breaded Fish Patty with Tartar Sauce Macaroni & Cheese Coleslaw with Shredded Carrots Dinner Roll Tropical Fruit (806)
21 Cheese Ravioli with Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Snicker Doodle Cookie (825)	22 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (882)	23 Sliced Roast Beef with Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (921)	24 Salmon Fillet with Creamy Dill Sauce Home Fries Seasoned Spinach Dinner Roll Peaches (747)	25 Bratwurst with Baked Beans Mixed Vegetables Roasted Potatoes Hoagie Roll Mandarin Oranges & Pineapple (843)
28 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Tropical Fruit (643)	29 Salmon Filet with Hollandaise Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (776)	30 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Chocolate Cherry Cake (924) **Menu subject to change**	October 1 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Strawberry Yogurt Parfait(696)	2 Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Brown Rice Oatmeal Raisin Cookie(707)