



Town of Tonawanda Senior Center/Erie County Stay Fit Dining Program

Please call 874-3266 to reserve or cancel a meal

July 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 28 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetable Rice Tropical Fruit (563)</p>	<p>June 29 Boneless Breaded Chicken Breast w/ Lemon Cream Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (623)</p>	<p>June 30 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Chocolate Cherry Cake (842)</p>	<p>July 1 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Strawberry Yogurt Parfait (695)</p>	<p>2 Independence Day Hamburger on a Bun Sweet Potato Tater Tots Baked Beans Confetti Corn Apple Pie (1017)</p>
<p>5 Independence Day Holiday No Meals Served</p>	<p>6 Salisbury Steak with Onion Gravy Scalloped Potatoes Broccoli & Carrots Breakaway Roll Lorna Doones (970)</p>	<p>7 Garlic & Spinach Shrimp Italian Roasted Vegetables with Green Peppers Pasta Chocolate Chip Cookie (911)</p>	<p>8 Roast Pork Loin with Cranberry Chutney Sweet Potato Seasoned Collard Greens Stuffing Applesauce (618)</p>	<p>9 Baked Tilapia with Seafood Sauce Coleslaw Stewed Tomato & Zucchini Rice Pilaf Brownie (719)</p>
<p>12 Side Salad Baked Rotini with Ground Beef, Tomato Sauce & Mozzarella Hot Greens Chef Salad with Classique Dressing Dinner Roll Tropical Fruit (926)</p>	<p>13 Panko Breaded Chicken Leg Sweet Potato Lima Bean Bake Roll Chocolate Pudding (716)</p>	<p>14 Beef Stroganoff Cauliflower Green Beans Brown Rice Oatmeal Raisin Cookie (703)</p>	<p>15 Breaded Pork Chop with 2 oz. Gravy Mashed Potatoes Italian Roasted Vegetables Roll Cantaloupe (653)</p>	<p>16 Low Sodium Ham Steak with Cheesy Scalloped Potatoes Au Gratin Peas & Carrots Corn Bread Fruit Compote with Berries (753)</p>
<p>19 Baked Flounder with Lemon Dill Sauce Roasted Red Potato Seasoned Spinach Blueberry Square Pineapple (676)</p>	<p>20 Roasted Pork Loin with Gravy Mashed Sweet Potato Creamed Cabbage with Dill Rye Bread Banana (693)</p>	<p>21 Chicken Biscuit Pie with Vegetables & Gravy Broccoli Warm Apple Slices (716)</p>	<p>22 Steakette Burger with Onion Gravy Mashed Potato Peas with Pearl Onions Wheat Bread Fruit Berry Compote (853)</p>	<p>23 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Classique Dressing Orange (942)</p>
<p>26 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetable Roll Peach Bavarian (728)</p>	<p>27 Side Salad Baked Rigatoni with Italian Sausage & Tomato Sauce Cauliflower with Parsley Chef Salad with Shredded Carrots & Classique Dressing Split Top Roll Apple Cobbler (899)</p>	<p>28 Battered Fish with Tartar Sauce Red Potatoes Zucchini Medley with Green Peppers Cornbread Melon Salad (736)</p>	<p>29 Boneless Chicken Breast with Gravy Noodles Peas Seasoned Mashed Squash Berry Compote (685)</p>	<p>30 Seasoned Beef Strips Oriental Mixed Vegetable with Green Pepper Carrots Rice Pudding Parfait (604) Menu is subject to change.</p>



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