



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