



Erie County Stay Fit Dining Program Town of Tonawanda Senior Center

Please call 874-3266 to cancel a meal

March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Dinner Roll Fruit Crisp (617)	2 Meatball with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (699)	3 Boneless Breaded Chicken Breast w/ Cranberry Chutney Rice Pilaf Broccoli Carrots Lemon Cake (723)	4 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	5 Lenten Meal Egg Omelet with Tomato, Spinach & Feta Roasted Potato Blueberry Muffin Square Orange (691)
8 Turkey Chili con Carne Carrots Brown Rice Cornbread Chocolate Chip Cookie (1011)	9 Pork Loin with Gravy Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Fruit & Yogurt Parfait (716)	10 Italian Sausage with Peppers & Onions & Tomato Sauce Peas Corn Soft Roll Pineapple (791)	11 Side Salad Chicken Parmesan with Tomato Sauce Bermuda Vegetable Blend Chef Salad with Dressing Penne Pasta Pumpkin Cake(865)	12 Lenten Meal Rainbow Trout with Lemon Wedge Rice Pilaf Green Beans Roll Orange (602)
15 Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Stuffing Cake (733)	16 Homemade Macaroni & Cheese with Bacon Broccoli Chef Salad & Classique Dressing Roll Apricots (876)	17 Saint Patrick's Day Hot Corned Beef with Cabbage Roasted Sweet Potato Carrots Rye Bread Shamrock Cookie (758)	18 Pork Ribette with Barbecue Sauce Roasted Red Potatoes with Green Pepper Seasoned Spinach with Mushrooms Soft Roll Fruit Crisp(895)	19 Lenten Meal Stuffed Shells with Tomato Sauce & Mozzarella Cheese Broccoli & Carrots Cauliflower Bread or Roll Canoli Parfait (770)
22 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Green Beans Rice Marble Cake (875)	23 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Snickerdoodle Cookie (801)	24 Sliced Roast Beef with Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (946)	25 Bratwurst with Baked Beans Roasted Potato with Green Peppers Mixed Vegetables Roll Mandarin Oranges & Pineapple (847)	26 Lenten Meal Breaded Fish with Lemon & Tartar Sauce Sweet Potatoes Cauliflower Roll Fruit & Yogurt Parfait (669)
29 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Tropical Fruit (563) **Menu subject to change**	30 Chicken Breast with Lemon Cream Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (623)	31 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Chocolate Cherry Cake (919)	April 1 Holy Thursday Low Sodium Ham Scalloped Potatoes Au Gratin Peas Cornbread Blueberry Pear Crisp (813)	2 Good Friday Holiday No Meals Served

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