



Erie County Stay Fit Dining Program Town of Tonawanda Senior Center

October 2020 Please call 874-3266 to make or cancel a reservation



Monday	Tuesday	Wednesday	Thursday	Friday
September 28 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetable Rice Tropical Fruit (563)	September 29 Salmon Fillet with Hollandaise Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (723)	September 30 Polish Sausage with Sauerkraut & Hot Dog Bun Red Skin Potatoes California Mix Vegetables Chocolate Cherry Cake (919)	October 1 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Strawberry Yogurt Parfait Chocolate Milk (771)	2 Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Brown Rice Oatmeal Raisin Cookie (694)
5 Sliced Turkey Breast with Gravy Mashed Potato Carrots Roll Molded Cranberry Salad (657)	6 Salisbury Steak with Onion Gravy Scalloped Potatoes Broccoli & Carrots Breakaway Roll Lorna Doones (970)	7 Side Salad Meatballs with Penne Pasta, Tomato Sauce & Mozzarella Country Cottage Mix Chef Salad with Dressing Roll Ambrosia (927)	8 Roast Pork Loin with Cranberry Chutney Sweet Potato Seasoned Collard Greens Stuffing Applesauce (617)	9 Baked Tilapia with Seafood Sauce Coleslaw Stewed Tomato & Zucchini Rice Pilaf Brownie (719)
12 <div style="text-align: center;"> Columbus Day Holiday No Meals Served </div>	13 Panko Breaded Chicken Leg Sweet Potato Lima Bean Bake Roll Ginger Cake (899)	14 Beef Stroganoff Cauliflower Green Beans Brown Rice Oatmeal Raisin Cookie (640)	15 Shrimp Scampi with Garlic, Lemon & Spinach Italian Roasted Vegetables Pasta Chocolate Cake with Chocolate Frosting (801)	16 Low Sodium Ham Steak with Cheesy Scalloped Potatoes Au Gratin Peas & Carrots Corn Bread Fruit Compote with Berries (749)
19 Baked Tilapia with Lemon Dill Sauce Roasted Red Potato Seasoned Spinach Blueberry Square Pineapple (678)	20 Roast Pork Loin with Gravy Mashed Sweet Potato Creamed Cabbage with Dill Rye Bread Banana (693)	21 Chicken Biscuit Pie with Vegetables & Gravy Broccoli Warm Apple Slices (623)	22 Cube Steak with Gravy Mashed Potato Peas and Pearl Onions Wheat Bread Fruit Berry Compote (852)	23 Side Salad Lasagna with Meat Sauce California Mixed Vegetable Chef Salad with Classique Dressing Orange (942)
26 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetable Roll Peach Bavarian (728)	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 (914)	28 Battered Fish with Tartar Sauce Roasted Red Potatoes Zucchini Medley with Peppers Cornbread Melon Salad (735)	29 Boneless Chicken Breast with Gravy Noodles Peas Seasoned Mashed Squash Berry Compote (581)	30 Happy Halloween Chicken Gumbo Rice Waxed Beans Cornbread White Cake with Chocolate Frosting (958) <div style="text-align: right;"> </div> **Menu is subject to change**