



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

Call 874-3266 to order or cancel a meal

October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Rigatoni with Ground Beef, Tomato Sauce & Mozzarella Cheese Hot Spinach & Collards Chef Salad with Dressing Dinner Roll Tropical Fruit (837)	4 Baked Chicken Sweet Potato Lima Bean Bake Roll Pudding (737)	5 Beef Stroganoff Cauliflower Green Beans Brown Rice Homemade Cookie (614)	6 Garlic, Lemon & Spinach Shrimp Italian Roasted Vegetables Pasta & Roll Cantaloupe (702)	7 Low Sodium Ham Steak with Scalloped Potatoes Au Gratin Peas & Carrots Roll Fruit Crisp (650)
10 Columbus Day Holiday No Meals Served	11 Salisbury Steak with Onion Gravy Scalloped Potatoes Broccoli & Carrots Breakaway Roll Lorna Doones (790)	12 Chicken Gumbo Waxed Beans with Shredded Carrots Cornbread Rice Pumpkin Cake Parfait(763)	13 Roast Pork Loin with Cranberry Chutney Sweet Potato Seasoned Collard Greens Stuffing Peanut Butter Cookie (889)	14 Breaded Tilapia with Seafood Sauce Coleslaw w/ Carrots Stewed Tomato & Zucchini Rice Pilaf Brownie (909)
17 Breaded Chicken with Lemon Dill Sauce Red Potatoes Spinach Blueberry Muffin Square Pineapple (752)	18 Roast Pork Loin with Gravy Mashed Sweet Potato Creamed Cabbage with Dill Rye Bread Banana (693)	19 Chicken Biscuit Pie with Vegetables & Gravy Broccoli Warm Apple Slices (648)	20 Meatloaf with Onion Gravy Mashed Potato Peas and Pearl Onions Wheat Bread Fruit Berry Compote (723)	21 Side Salad Lasagna with Meat Sauce California Mix Vegetables Chef Salad with Dressing Apple Crisp (930)
24 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetable Roll Peach Bavarian (726)	25 Baked Rigatoni with Italian Sausage & Tomato Sauce Cauliflower with Parsley Classic Mixed Vegetables Apple Cobbler (709)	26 Battered Fish with Tartar Sauce Roasted Red Potatoes Zucchini Medley with Peppers Cornbread Melon Salad (706)	27 Boneless Chicken Breast with Gravy Noodles Peas Seasoned Mashed Squash Berry Compote (622)	28 Seasoned Beef Strips Oriental Vegetables with Green Peppers Carrots Rice & Roll Apricots (641)
31 Happy Halloween Salisbury Steak with Low Sodium Gravy Mashed Potatoes Mixed Vegetables Biscuit Dirt Parfait (860)	November 1 Breaded Tilapia with Tartar & Lemon Broccoli, Cheese Rice Casserole Zucchini & Diced Tomatoes Wheat Bread Pineapple (709)	2 Pork Ribette with BBQ Sauce Scalloped Potatoes California Mix Vegetables Dinner Roll Peach Cobbler (821)	3 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach & Mushrooms Cauliflower Italian Bread Fruit & Yogurt Parfait (720)	4 Baked Chicken Breast with Herb Gravy Roasted Red Skin Potatoes with Green Pepper Hubbard Squash Roll Homemade Cookie (708) **Menu is subject to change**