

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

Please call 874-3266 to reserve or cancel a meal

## September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 30</b> Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Fruit Crisp (617)	<b>31</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (618)	<b>1</b> Baked Cod with Mango Salsa Rice Pilaf Broccoli Carrots Lemon Cake (645)	<b>2</b> Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	<b>3 Labor Day Meal</b> Bratwurst with Baked Beans Red Potato Wedges Mixed Vegetables Roll Raspberry Parfait (887)
<b>6</b> <b>Labor Day</b>  <b>Holiday</b>  <b>No Meals Served</b>	<b>7</b> Breaded Fish with Lemon Cream Sauce Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Fruit & Yogurt Parfait (882)	<b>8</b> Italian Sausage with Peppers & Onions & Tomato Sauce Peas Corn Roll Pineapple (724)	<b>9 Side Salad</b> Chicken Parmesan with Tomato Sauce Bermuda Vegetable Blend Chef Salad with Dressing Penne Pasta Pumpkin Cake(788)	<b>10</b> Meatloaf with Gravy Mashed Potatoes Country Cottage Mix Vegetables Bread Red, White & Blue Parfait (889)
<b>13</b> Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Stuffing Cranberry Jell-O (574)	<b>14</b> Pork Ribette with Barbecue Sauce Roasted Red Potatoes with Green Pepper Seasoned Spinach with Mushrooms Roll Fruit Crisp (815)	<b>15 Side Salad</b> Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Classique Dressing Cannoli (1001)	<b>16</b> Steakette Burger with Mushroom Gravy Mashed Potatoes Corn Rye Bread Apricots (899)	<b>17</b> Breaded Fish Patty with Tartar Sauce Macaroni & Cheese Coleslaw with Shredded Carrots Dinner Roll Tropical Fruit (786)
<b>20</b> Cheese Ravioli with Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Chocolate Chip Cookie (948)	<b>21</b> Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (804)	<b>22</b> Sliced Roast Beef with Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (868)	<b>23</b> Salmon Fillet with Creamy Dill Sauce Home Fries Seasoned Spinach Dinner Roll Peaches (747)	<b>24</b> Hamburger with Baked Beans Mixed Vegetables Roasted Potatoes Roll Mandarin Oranges & Pineapple (781)
<b>27</b> Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Mandarin Oranges (543)	<b>28</b> Salmon Filet with Hollandaise Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (723)	<b>29</b> Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Chocolate Cherry Cake (891)	<b>30</b> Homemade Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Strawberry Yogurt Parfait(696)	<b>October 1</b> Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Brown Rice Oatmeal Raisin Cookie(693)