



**Erie County Stay Fit Dining Program Ken Ton - November 2024**  
**STANDARD - MUST CALL 24 HOURS IN ADVANCE! (BEFORE 11AM)**  
**Mang Community Center - 716.873.7500 - 135 Wilber Ave.**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Oct. 28 Entrée Salad</b> Seafood Salad with Hard Boiled Egg & Cheese Over Chef Salad with Tomato & Peppers Italian Dressing ½ Pita Cinnamon Pears (732)	<b>29</b> BBQ Pulled Pork Roasted Red Potatoes Hubbard Squash Dinner Roll Cookie Bar (834)	<b>30</b> Sliced Roast Beef with Low Sodium Gravy Cheesy Mashed Potatoes Classic Mixed Vegetables Rye Bread Apple (697)	<b>31 Happy Halloween</b> Chicken Gumbo Rice Wax Beans Cornbread Dirt Parfait (861)	<b>1</b> Taco Casserole with Peppers & Onion & Sour Cream Mixed Vegetables Tortilla Chips Lime Parfait (1023)
<b>4</b> Chicken Nuggets with Sweet & Sour Cream Fiesta Corn Cauliflower & Carrots Rice Lemon Berry Pudding (784)	<b>5</b> Braised Pork Shank with Warm Cinnamon Apples Mashed Potatoes Roasted Carrots Wheat Bread Chocolate Mousse (725)	<b>6</b> Beef Stew Brussels Sprouts Biscuit Sugar Cookie (656)	<b>7</b> Swedish Meatballs with Low Sodium Gravy Broccoli Mixed Vegetables Pasta Roll Apple (786)	<b>8</b> Veal Parmesan with Tomato Sauce & Mozzarella Cheese California Mix Vegetables Pasta Dinner Roll Blondie (739)
<b>11</b> <b>Veteran's Day            Holiday</b>  <b>No Meals Served</b>	<b>12</b> Sloppy Joe Roasted Red Potatoes with Green Pepper Hubbard Squash Hamburger Roll Yellow Cake with Chocolate Frosting (827)	<b>13</b> Roast Beef with Low Sodium Gravy Cheesy Mashed Potatoes Carrots Rye Bread Homemade Cookie (753)	<b>14</b> Turkey Divan Casserole Sweet Potato Green Beans Roll Fruit Parfait (610)	<b>15</b> Chicken Breast with Low Sodium Gravy Peas & Carrots Broccoli Pasta Dinner Roll Brownie (714)
<b>18</b> Low Sodium Ham Steak with Warm Pineapple Scalloped Potatoes Peas & Carrots Dinner Roll Fruit Crisp (709)	<b>19</b> Salisbury Steak with Low Sodium Onion Gravy Mashed Potatoes Mixed Vegetables Biscuit Fruited Strawberry Jello (785)	<b>20</b> Seasoned Chicken Strips with Peppers & Onion Over Rice Cauliflower & Carrots Green Beans Roll Fruit & Yogurt Parfait (583)	<b>21 Side Salad</b> Lasagna with Tomato Meat Sauce California Mix Vegetables Salad with Dressing Homemade Cookie (843)	<b>22</b> Sausage & Chicken Jambalaya over Rice Yellow Squash Roll Apricots (734)
<b>25</b> Beef Chili con Carne Brown Rice Cauliflower & Carrots Crackers White Cake with Chocolate Frosting (830)	<b>26</b> Seafood Macaroni & Cheese Broccoli Mixed Vegetables Homemade Cookie (764)  <b>**Menu is subject to change**</b>	<b>27 Side Salad</b> Chicken Florentine with Spinach and Sauce California Mix Vegetables Salad with Dressing Roll Pumpkin Cake (769)	<b>28 Thanksgiving Day</b> Kenmore & Tonawanda Senior Centers closed today. A Turkey Dinner with all the fixings is available from Ken Ton Meals on Wheels. Meals can be reserved by calling Ken Ton Meals on Wheels at 874-3595 between Nov. 4 <sup>th</sup> and Nov. 19 <sup>th</sup> .	<b>29</b> Meatloaf with Low Sodium Gravy Mashed Potatoes Country Cottage Mix Vegetable Wheat Bread Strawberry Bavarian (831)