



Erie County Stay Fit Dining Program Ken Ton - December 2024

KENMORE COMMUNITY CENTER - 716.873.7500

MUST CALL 24 HOURS, IN ADVANCE! ROUND TRIP RIDE - \$1



Monday	Tuesday	Wednesday	Thursday	Friday
December 2 Potato Kielbasa & Chicken Skillet Carrots & Cauliflower Green Beans Roll Pudding Parfait (677)	3 Steakette Burger with Low Sodium Mushroom Gravy Mashed Potatoes Mixed Vegetables Rye Bread Tropical Fruit (886)	4 Chicken Strips with Peppers Over Rice California Mix Vegetables Squash Roll Homemade Cookie (686)	5 Roast Turkey with Low Sodium Gravy Mashed Potatoes Peas & Carrots Roll Jello (727)	6 BBQ Pork Ribette Red Potatoes Cole Slaw Roll Cherry Cobbler (941)
9 Chicken & Waffles with Syrup Red Potatoes with Green Pepper & Carrots Warm Apples Strawberry Pudding Parfait (835)	10 Low Sodium Ham & Cheese Frittata with Cheese Sauce Tater Tots with Green Peppers Hubbard Squash Roll Homemade Cookie (767)	11 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Dressing Coffee Parfait (812)	12 Side Salad Cauliflower & Broccoli Mac & Cheese Carrots Chef Salad with Dressing Dinner Roll Fruit & Yogurt Parfait (619)	13 Bratwurst with Baked Beans Roasted Potato Vegetable Medley Roll Cake (909)
16 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash with Peppers & Carrots Italian Bread Snickerdoodle Cookie (799)	17 Chicken Cordon Bleu Rice Orange Glazed Carrots Broccoli Marble Cake (805)	18 Sliced Roast Beef with Low Sodium Gravy Hubbard Squash Sweet & Sour Cabbage Roll Cherry Cake (819)	19 Roasted Pork Loin with Low Sodium Gravy Sweet Potato Collard Greens Stuffing Applesauce (623)	20 Shrimp with Garlic, Lemon and Spinach Pasta California Mix Vegetables Berry Muffin Square (933)
23 Taco Casserole with Peppers & Onion & Sour Cream Mixed Vegetables Tortilla Chips Lime Parfait (1023)	24 Christmas Meal Turkey with Stuffing and Low Sodium Gravy Cranberry Sauce Mashed Potato Peas & Carrots Roll Christmas Cookie Parfait (889)	25 Christmas Holiday No Meals Served Today 	26 Chicken Breast with Low Sodium Gravy Over Rice Bermuda Blend Vegetables Peas Apple Crisp (640)	27 Beef Stroganoff Over Rice Cauliflower Green Beans Homemade Cookie (636)
30 Side Salad Chicken Florentine over Penne Pasta California Mix Vegetables Chef Salad with Dressing Fruit Parfait (640) **Menu subject to change**	31 New Year's Eve Flat Iron Steak with Mushroom Mashed Potatoes Carrots Roll Chocolate Cake (914)	January 1 New Year's Holiday Happy New Year!!! No Meals Served Today	2 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Broccoli Italian Bread Strawberry Yogurt Parfait (830)	3 Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Rice Oatmeal Raisin Cookie (671)