

SEPTEMBER 2025 – Kenmore Community Center (135 Wilber Ave.)

Erie County Stay Fit Dining Program – Ken-Ton

MUST Call 24 Hours in Advance! 716.873.7500 – Van Pickups \$1.00



Monday	Tuesday	Wednesday	Thursday	Friday
September 1 Labor Day Holiday No Meals Served	2 Cheesy Chicken & Broccoli Pasta Carrots Roll Tropical Fruit (666)	3 Lasagna with Meat Sauce California Mix Vegetables Green Beans Homemade Cookie (842)	4 Chicken and Waffles with Syrup Sweet Potato Warm Apples Berry Compote with Apricots (782)	5 Battered Fish with Tartar Sauce Red Potato Sweet & Sour Coleslaw Dinner Roll Yogurt Parfait (734)
8 Cheese Ravioli with Tomato Meat Sauce Seasoned Summer Squash with Peppers Peas Italian Bread Berries with Cream (672)	9 Taco Casserole with Sour Cream Mixed Vegetables Shredded Lettuce Tortilla Chips Fruit Cobbler (1014)	10 Hot Tortellini with Spinach, Tomato & Mozzarella Broccoli & Carrots Roasted Vegetables Dinner Roll Fruit & Yogurt Parfait (735)	11 Roast Turkey with Low Sodium Gravy Mashed Potatoes Peas & Carrots Stuffing Patriot Parfait (673)	12 Low Sodium Ham Steak Scalloped Potatoes French Cut Green Beans with Shredded Carrots Roll Fruit Crisp (683)
15 Beef Pepper Steak Casserole Mixed Vegetables Rice Roll Apricots (637)	16 Cheesy Barbecue Chicken with Onion & Bacon Rice Pilaf Bermuda Blend Vegetables Roll Mandarin Oranges (612)	17 Kielbasa & Chicken Potato Skillet California Mix Vegetables Roll Mixed Fruit with Cream (598)	18 Homemade Goulash with Mozzarella Cheese Spinach Cauliflower Italian Bread Peanut Butter Cookie (868)	19 Chicken Breast with Marsala Sauce Broccoli Mixed Vegetables Rice Roll Tropical Fruit (671)
22 Swedish Meatballs with Low Sodium Sauce Wax Beans Broccoli Pasta & Roll Tropical Fruit (746)	23 Chicken with Low Sodium Gravy Sweet Potato Lima Bean Bake Roll Fruit Cup (632)	24 Beef Stroganoff Over Rice Cauliflower Green Beans with Shredded Carrots Ambrosia (666)	25 Garlic & Spinach Shrimp Over Pasta Roasted Italian Vegetables Roll Fruit Salad (871)	26 Chicken & Spinach Lasagna Green Beans with Mushrooms Caribbean Vegetables Roll Cinnamon Pears (964)
29 Cheeseburger Pie Sweet Potato Bermuda Blend Vegetables Fruit Parfait (789) **If you have a food allergy, please notify us.**	30 Tomato & Basil Macaroni & Cheese Cauliflower Spinach Roll Pineapple (732) LET US KNOW, IF You have any food Allergies!	October 1 Chicken & Biscuit Pie with Vegetables Broccoli Homemade Cookie (738) Menu is subject to change!	2 Meatloaf with Low Sodium Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Berry Compote (805)	3 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli & Carrots Italian Bread Fruit Cocktail (673)