



LANCASTER SENIOR CENTER
 100 Oxford Ave
 Lancaster, NY 14086
 716-685-3498









Erie County Stay Fit Dining Program

Standard Menu

June 2019

Lunch orders are placed
 one week ahead on
WEDNESDAY



Monday	Tuesday	Wednesday	Thursday	Friday
3 Rotini with Meatballs & Tomato Sauce Cauliflower Seasoned Spinach Fruit Cocktail (641)	4 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Seasonal Fruit <i>Chocolate Milk</i> (821) 	5 Roast Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potato Peas Tapioca Pudding with Peaches (715) 	6 ENTRÉE SALAD Chicken Salad with Cranberries on a Bed of Lettuce with Tomatoes Whole Grain Crackers Chocolate Mousse (702) 	7 Roast Pork with Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)
10 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	11 Baked Salmon with Pineapple Salsa Vegetable Rice Pilaf Broccoli Cornbread Baked Pear Crisp (854)	12 Father's Day Lunch Breaded Chicken Drumsticks AuGratin Potatoes Green Beans Dinner Roll Chocolate Éclair (800) 	13 Roast Beef with Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Rye Bread Fruited Gelatin (651)	Flag Day Meal 14 ENTRÉE SALAD Julienne Salad with Dressing Whole Wheat Roll Orange Sherbet (653) 
17 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (667)	18 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)	19 ENTRÉE SALAD Grilled Chicken Caesar Salad with Caesar Dressing Wheat Dinner Roll Seasonal Fruit <i>Chocolate Milk</i> (933) 	20 Veal Parmesan with Tomato Sauce Italian Green Beans Cauliflower Dinner Roll Frosted Marble Cake (824) 	21 Welcome Summer! Hamburger with Ketchup on a Bun Corn Vegetable Pasta Salad Peach Shortcake with Whipped Topping (828) 
24 BBQ Pork Ribette on a Bun Cheesy Mashed Potatoes Seasoned Spinach with Mushrooms Glazed Lemon Cake (1009)	25 Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (560)	26 Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote (764)	27 Roasted Turkey Breast with Gravy & Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll Gelatin (603)	28 Breaded Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges (826)