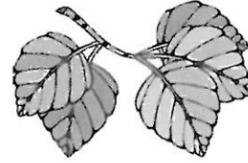


LANCASTER SENIOR CENTER  
 100 Oxford Ave  
 Lancaster, NY 14086  
 716-685-3498

Erie County Stay Fit Dining Program  
 Standard Menu  
 September 2019



Lunch orders are placed  
 one week ahead on  
**WEDNESDAY**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 No Meals Served</b> 	<b>3</b> Breaded Chicken Breast with Buffalo-style Sauce on a Hamburger Bun Fiesta Corn Broccoli Fresh Plum <i>Chocolate Milk</i> (719)	<b>4</b> Sliced Roast Turkey with Stuffing, Gravy and Cranberry Sauce Mashed Sweet Potatoes Peas Tapioca Pudding with Diced Peaches (713)	<b>5</b> Beef Stew Mashed Potatoes Garlic Biscuit Chocolate Mousse (751)	<b>6</b> Roast Pork with Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)
<b>9</b> Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	<b>10 ENTRÉE SALAD</b> Julienne Salad with Iceberg & Romaine Lettuce Cherry Tomatoes & Carrots Rye Bread Frosted Lemon Cake (760)	<b>11</b> Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (766)	<b>12 Side Salad</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans <i>Chef Salad</i> Tropical Fruit (615)	<b>13</b> Sliced Roast Beef with Fresh Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (694)
<b>16</b> Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	<b>17</b> Chili Con Carne Carrots Fruit Punch Cornbread Fresh Apple <i>Chocolate Milk</i> (917)	<b>18</b> Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (643)	<b>19 ENTRÉE SALAD</b> Grilled Chicken Caesar Salad Dinner Roll Frosted Marble Cake (972)	<b>20</b> Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)
<b>23 WELCOME FALL</b> Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas and Carrots Breakaway Roll Apple Pie with Whipped Topping (812)	<b>24</b> Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)	<b>25</b> Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote (772)	<b>26</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Spinach with Mushrooms Lemon Cake with Lemon Glaze (951)	<b>27</b> Beer Battered Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges (796)
<b>30</b> Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches <i>Chocolate Milk</i> (813)	<b>1</b> Quarter Chicken with Gravy Carrots Cauliflower Rice Sugar Cookies (780)	<b>2</b> Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (671)	<b>3</b> Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges (731)	<b>4 ENTRÉE SALAD</b> Cranberry Chicken Salad On a Bed of Lettuce with Classique Dressing Club Crackers Tropical Fruit (662)