

For Reservations at United
Church Manor Call 668-5804

If turning in this sheet, please circle the
days you would like a meal

Erie County Stay Fit Dining Program Menu



NOVEMBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread Butterscotch Pudding (839)	4 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746)	5 Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Broccoli Florets Wheat Dinner Roll Lorna Doones (634)	6 Beef Bourguignon Harvard Beets Fresh Peas Multigrain Bread Fresh Orange Chocolate Milk (647)	7 Veterans Day Meal Breaded Boneless Pork Chop with Gravy Scalloped Potatoes California Blend Vegetables Chef Salad with Dressing Wheat Dinner Roll Lemon Meringue Pie (945)
10 Mediterranean Chicken Stew Yellow Rice with Turmeric Broccoli Florets Carrots Diced Peaches (608)	11 No Meals Served 	12 Soup & Salad Beef Barley Soup Green Beans Orange Pineapple Juice Chef Salad with Dressing Warm Biscuit Vanilla Pudding (712)	13 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Peas Italian Bread Diced Pears Chocolate Milk (825)	14 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Garlic Mashed Potatoes Corn Chocolate Brownie (706)
17 Sloppy Joe on a Bun Tater Tots Mixed Vegetables Mandarin Oranges (714)	18 Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Fresh Banana Chocolate Milk (709)	19 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Carrots Italian Bread Oatmeal Round Cookie (752)	20 Chicken Breast with Lemon Herb Gravy Vegetable Rice Pilaf Green Beans Chef Salad with Dressing Dinner Roll Pineapple Tidbits (664)	21 Taco Day! Ground Beef Taco with Shredded Cheddar on a Flour Tortilla Spanish Rice Fiesta Corn Tropical Fruit (727)
24 Macaroni & Cheese Peas with Red Pepper California Blend Vegetables Wheat Bread Rice Krispie Treat (895)	25 Thanksgiving Meal Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie with Whipped Topping (964)	26 Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Fresh Orange Chocolate Milk (798)	27 No Meals Served 	28 No Meals Served

*If you have a food allergy, please notify us.