



Erie County Stay Fit Dining - Kenmore (135 Wilber Ave.) Oct. 2025

716.873.7500 – Please Call 24 Hrs in Advance for Lunch!



Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 29 Cheeseburger Pie Sweet Potato Bermuda Blend Vegetables Fruit Parfait (770)	Sept. 30 Tomato & Basil Macaroni & Cheese Cauliflower Spinach Roll Pineapple (732)	1 Chicken Biscuit Pie with Vegetables Broccoli Homemade Cookie (738)	2 Meatloaf with Low Sodium Gravy Mashed Potato Peas with Pearl Onions Wheat Bread Berry Compote (805)	3 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli & Carrots Italian Bread Fruit Cocktail (672)
6 Breaded Pork Chop with Low Sodium Gravy Lazy Pierogi California Mix Vegetables Roll Pumpkin Chocolate (775)	7 Baked Rigatoni with Italian Sausage, Tomato Sauce & Ricotta Cheese Cauliflower with Parsley Classic Mixed Vegetables Lemon Cookie (821)	8 Chicken Cordon Bleu Over Rice Carrots Broccoli Dinner Roll Pineapple (799)	9 Seasoned Beef Strips Oriental Vegetables Carrots Rice Roll Strawberry Parfait (650)	10 Boneless Chicken Breast with Low Sodium Gravy Peas & Carrots Sweet Potato Noodles Roll Cherry Cobbler (764)
13 Columbus Day and Indigenous People's Day Holiday No Meals Served	14 Turkey with Low Sodium Gravy Orange Glazed Carrots Cauliflower Stuffing Strawberry Bavarian (618)	15 Sliced Pork Loin with Low Sodium Gravy Scalloped Potatoes California Mix Vegetables Dinner Roll Peach Cobbler (839)	16 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach Cauliflower Italian Bread Fruit & Yogurt Parfait (659)	17 Beef and Cheese Frittata Roasted Red Potatoes with Green Peppers Hubbard Squash Dinner Roll Strawberries & Peaches with Topping (673)
20 Cheesy Barbecue Chicken with Sauteed Onion & Bacon Broccoli Rice Casserole Bermuda Blend Vegetables Wheat Bread Mandarin Oranges & Pineapple (612)	21 Beef Stew Brussels Sprouts Biscuit Apple Parfait (673)	22 Battered Fish with Tartar Sauce Red Potatoes California Mix Vegetables Dinner Roll Fruit & Yogurt Homemade Cookie (810)	23 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Dinner Roll Mandarin Oranges (621)	24 Lasagna with Meat Sauce California Mix Vegetables Green Beans Mandarin Oranges (745)
27 Polynesian Chicken Cauliflower Carrots Rice Roll Fig Newton (669) *If you have a food allergy, please notify us.*	28 Barbecue Pulled Pork Roasted Red Potatoes Hubbard Squash Roll Apricots (748)	29 Sliced Roast Beef with Low Sodium Gravy Cheesy Mashed Potatoes Classic Mixed Vegetables Rye Bread Apple Slices (697)	30 Tuna Noodle Casserole Caribbean Blend Vegetables Zucchini & Squash Blend Dinner Roll Pineapple (702) *Menu is subject to change*	31 Happy Halloween Chili Con Carne with Peppers, Onion & Cheese Bermuda Blend Vegetables Cornbread Dirt Parfait (740)