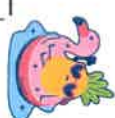


# Erie County Stay Fit Dining Program Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
28	Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 1437	29 Entrée Salad	Beef Taco Salad with Cheddar, Salsa & Tortilla Strips Pineapple Tidbits Chocolate Milk (637) 772	30	Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Banana (825) 1587	31	Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750) 911	1	Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Tropical Fruit (644) 1249
4	Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread 771 Butterscotch Pudding (839)	5	Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746) 1615	6	Roasted Pork Loin with Cranberry Chutney Mashed Potatoes Broccoli Florets Wheat Dinner Roll Lorna Doones (682) 681	7	Beef Bourguignon Harvard Beets Sweet Peas Multigrain Bread Fresh Banana Chocolate Milk (691) 1080	8	Chicken Breast with Red Pepper Cream Sauce & Penne Pasta California Blend Vegetables Grape Juice Chef Salad with Dressing Pineapple Tidbits (646) 956
11	Mediterranean Chicken Stew Broccoli Florets Carrots Yellow Rice with Turmeric Diced Peaches (608) 513	12	Hamburger with Onion Gravy on a Wheat Bun Mashed Sweet Potatoes Green Beans 837 Vanilla Pudding (768)	13	Hearty Chicken Soup Sweet Peas Chef Salad with Dressing Warm Biscuit Fresh Banana Chocolate Milk (763) 1039	14	Stuffed Shells with Meat Sauce & Mozzarella Cheese Cauliflower 1261 Orange-Pineapple Juice Chef Salad with Dressing Italian Bread Diced Pears (868)	15	Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Garlic Mashed Potatoes Corn 1200 Brownie (706)
18	Sloppy Joe on a Bun Tater Tots Mixed Vegetables Mandarin Oranges (714) 884	19	Chicken Breast with Lemon Herb Sauce 947 Vegetable Rice Pilaf Green Beans Dinner Roll Pineapple Tidbits Chocolate Milk (619)	20	Creamy Macaroni & Cheese Broccoli Florets Cauliflower Wheat Bread Rice Krispie Treat (788) 1335	21 Senior Citizens Day	Breaded Boneless Pork Chop with Warm Cinnamon Apples Mashed Sweet Potatoes Brussels Sprouts Chef Salad with Dressing Wheat Dinner Roll Peach Pie with Whipped Topping (1051) 1007	22	Breaded Chicken Patty with BBQ Sauce on a Bun Mashed Potatoes Carrots Ice Cream Sandwich (851) 1239
25	Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Tropical Fruit (627) 904	26	Lasagna Roll with Tomato Meat Sauce Cauliflower Carrots Italian Bread Oatmeal Round Cookie (711) 954	27 Entrée Salad	Greek Chicken Salad on a Bed of Salad Greens with Greek Dressing 1139 Wheat Dinner Roll Fresh Orange Chocolate Milk (683)	28	Salisbury Steak with Gravy Scalloped Potatoes Normandy Blend Vegetables Wheat Bread 1256 Fruit Cocktail (728)	29 Labor Day Lunch	Breaded Chicken Drumsticks Ranch Mashed Potatoes Sweet Peas 1765 Chef Salad with Dressing Wheat Dinner Roll Banana Cream Pie (1120)

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