

Erie County Stay Fit Dining Program Menu



JULY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
30 Roasted Turkey with Gravy Mashed Potatoes with Chives California Blend Vegetables Dinner Roll Strawberry Gelatin (559)	1 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Chef Salad with Dressing Dinner Roll Fresh Orange <i>Chocolate Milk</i> (826)	2 <i>Entrée Salad</i> Tuna Macaroni Salad with Fresh Salad Greens Club Crackers Tropical Fruit (662)	3 <i>Independence Day Lunch</i> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Fruit Punch Ice Cream Sandwich (911)	4 No Meals Served
7 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	8 Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <i>Chocolate Milk</i> (858)	9 Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (847)	10 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)	11 Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (641)
14 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	15 Swedish Meatballs over Pasta Green Peas Harvard Beets Pineapple Tidbits (696)	16 Breaded Chicken with Gravy Sweet Potatoes Lima Bean Bake Chef Salad with Dressing Dinner Roll Fruit Cocktail (804)	17 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603)	18 Steakhouse Burger with Gravy on a Bun Corn with Red Pepper Au Gratin Spinach Mandarin Oranges <i>Chocolate Milk</i> (743)
21 Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Mandarin Oranges (561)	22 Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Diced Pears (587)	23 Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644)	24 <i>Entrée Salad</i> Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (966)	25 <i>Christmas in July</i> Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Rye Bread Cheesecake with Chocolate Sauce (1016)
28 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	29 <i>Entrée Salad</i> Beef Taco Salad with Cheddar Cheese, Salsa & Tortilla Strips Pineapple Tidbits <i>Chocolate Milk</i> (637)	30 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Banana (825)	31 Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750)	1 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Tropical Fruit (644)