Erie County Stay Fit Dining Program Menu

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
29 Turkey a la King Mashed Sweet Potatoes Green Beans Biscuit Chocolate Pudding (681)	**30** Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Italian Bread Fresh Banana *Chocolate Milk* (760)	**1** Chicken Breast with Polynesian Sauce Rice Pilaf with Mixed Vegetables Broccoli Florets Orange Juice Chocolate Chip Cookies (671)	**2 Independence Day Lunch** Hot Dog with Baked Beans & Ketchup on a Bun Macaroni Salad Mixed Vegetables Fruit Punch Ice Cream Sandwich (947)	**3** **No Meals** HAPPY INDEPENDENCE DAY **Served**
6 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	**7** Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana *Chocolate Milk* (858)	**8** Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (846)	**9** Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Mandarin Oranges (571)	**10** Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (643)
13 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	**14** Swedish Meatballs over Pasta Green Peas Harvard Beets Pineapple Tidbits (659)	**15** Chicken Quarter with BBQ Sauce Mashed Potatoes Corn Dinner Roll Fruit Cocktail (803)	**16** Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Dinner Roll Seasonal Fruit *Chocolate Milk* (620)	**17** Beer Battered Fish with Tartar Sauce Cheesy Broccoli & Rice Country Mixed Vegetables Coleslaw Wheat Dinner Roll Mandarin Oranges (732)
20 Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Tropical Fruit (776)	**21** Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Mandarin Oranges (579)	**22** Hearty Pork Stew Mashed Potatoes Carrots Wheat Bread Butterscotch Pudding (665)	**23 Entrée Salad** Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing Multigrain Bread Fresh Banana *Chocolate Milk* (986)	**24 Christmas in July** Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Rye Bread Cheesecake with Chocolate Sauce (1008)
27 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	**28 Entrée Salad** Beef Taco Salad with Cheddar Cheese, Taco Sauce & Tortilla Strips on a Bed of Fresh Salad Greens Pineapple Tidbits *Chocolate Milk* (626)	**29** Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Apple (784)	**30** Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750)	**31** Steakhouse Burger with Gravy on a Bun Macaroni Salad Lima Bean Bake Apple Juice Tropical Fruit (905)

If you have a food allergy, please notify us.