



Erie County Stay Fit Dining Program

OCTOBER 2025 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
29 Chicken Breast with Taco-seasoned Peppers, Onions & Tomatoes Spanish Rice Fiesta Corn Orange-Pineapple Juice Strawberry Gelatin (653)	30 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Chef Salad with Dressing Dinner Roll Brownie (839)	1 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens Club Crackers Tropical Fruit (652)	2 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Fresh Orange <i>Chocolate Milk</i> (778)	3 Stuffed Pepper with Savory Sauce Mashed Potatoes Carrots Italian Bread Pineapple Tidbits (638)
6 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	7 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Apple Pie with Whipped Topping (1000)	8 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Tater Tots Peas with Red Pepper Fresh Banana <i>Chocolate Milk</i> (863)	9 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)	10 Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (641)
13 Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	14 Breaded Chicken Cutlet with Herb Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange (728)	15 Swedish Meatballs over Pasta Tender Peas Harvard Beets Chef Salad with Dressing Pineapple Tidbits (742)	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)
20 Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Lorna Doones (655)	21 Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Diced Peas (587)	22 Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644)	23 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (966)	24 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (904)
27 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	28 Entrée Salad Beef Taco Salad with Taco Sauce & Tortilla Strips Pineapple Tidbits <i>Chocolate Milk</i> (637)	29 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Dinner Roll Fresh Banana (804)	30 Lower Sodium Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Dinner Roll Chocolate Brownie (617)	31 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Green Beans Dinner Roll Banana Cream Pie (1013)

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