



Eric County Stay Fit Dining Program

October 2026 Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
28	Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Dinner Roll Chocolate Brownie (755) 969	29	Grilled Chicken with Taco-Seasoned Peppers, Onions & Tomatoes & Cheddar Cheese Spanish Rice Fiesta Corn 994 Orange Juice Strawberry Gelatin (609)	30	Soup & Salad Hearty Chicken Soup with Ditalini Noodles Peas 765 Chef Salad with Dressing Tropical Fruit Chocolate Milk (634)	1	Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Carrots 1411 Chef Salad with Dressing Italian Bread Fresh Orange (763)	2	Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Pineapple Tidbits (749) 1649
5	Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703) 1032	6	Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Tater Tots Peas with Red Peppers Mandarin Oranges 1206 Chocolate Milk (805)	7	Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Broccoli Florets Apple Pie with Whipped Topping (966) 1824	8	Roasted Turkey with Gravy Mashed Butternut Squash Corn Molded Cranberry Salad Dinner Roll Fresh Banana (677) 804	9	Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (643) 1147
12	Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796) 985	13	Breaded Chicken Cutlet with Herb Gravy Mashed Sweet Potatoes Corn with Red Peppers Dinner Roll Applesauce (718) 705	14	Swedish Meatballs over Pasta Tender Peas Diced Beets Chef Salad with Dressing Pineapple Tidbits (717) 1284	15	Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603) 747	16	Steakhouse Burger with Gravy on a Bun Tater Tots 1333 Lima Bean Bake Mandarin Oranges Chocolate Milk (842)
19	Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Lorna Doones (655) 832	20	Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Diced Pears (603) 1135	21	Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (684) 528	22	Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Multigrain Bread Fresh Banana Chocolate Milk (986) 1531	23	Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (904) 1276
26	Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 1437	27	Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch 1564 Chef Salad with Dressing Dinner Roll Fresh Apple (784)	28	Entrée Salad Beef Taco Salad with Taco Sauce & Tortilla Strips Pineapple Tidbits Chocolate Milk (626) 754	29	Lower Sodium Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Dinner Roll Chocolate Brownie (617) 1434	30	Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Green Beans with Red Peppers Dinner Roll Banana Cream Pie (1013) 1336

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