



Erie County Stay Fit Dining Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Fresh Orange (730)</p>	<p>30 Beef Bourguignon Mashed Butternut Squash Peas Wheat Dinner Roll Tropical Fruit <i>Chocolate Milk</i> (642)</p>	<p>31 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Corn Dinner Roll Oatmeal Cookies (902)</p>	<p>1 Ham Steak with Pineapple Sauce Au Gratin Potatoes Broccoli Florets Rye Bread Butterscotch Pudding (553)</p>	<p>2 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Chef Salad with Dressing Wheat Dinner Roll Fudge Round Cookie (764)</p>
<p>5 Caribbean Chicken Casserole Yellow Rice with Turmeric Broccoli Florets Orange-Pineapple Juice Lorna Doones (791)</p>	<p>6 Pork Ribette with BBQ Sauce on a Bun Cheesy Diced Potatoes Green Beans Fresh Orange <i>Chocolate Milk</i> (766)</p>	<p>7 Hamburger with Gravy on a Bun Mashed Potatoes Carrots Chef Salad with Dressing Strawberry Jello (800)</p>	<p>8 Chicken Parmesan over Pasta with Tomato Sauce Cauliflower Peas Vanilla Pudding (777)</p>	<p>9 Vegetable Quiche with Cheese Sauce Harvard Beets Broccoli Florets Wheat Dinner Roll Strawberry Ice Cream (703)</p>
<p>12 Beef Bourguignon Garlic Mashed Potatoes Brussels Sprouts Dinner Roll Chocolate Pudding (669)</p>	<p>13 Chicken Breast with Gravy Broccoli Cheese Rice Casserole Carrots Multigrain Bread Fresh Orange <i>Chocolate Milk</i> (684)</p>	<p>14 Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Sugar Cookies (794)</p>	<p>15 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Dinner Roll Applesauce (796)</p>	<p>16 Turkey with Gravy & Cranberry Sauce Mashed Butternut Squash Peas Wheat Dinner Roll Mandarin Oranges (525)</p>
<p>19 Macaroni & Cheese Peas with Red Pepper California Blend Vegetables Wheat Dinner Roll Rice Krispie Treat (891)</p>	<p>20 Ground Beef Taco Meat with Shredded Cheddar & Flour Tortilla Spanish Rice Fiesta Corn Tropical Fruit (741)</p>	<p>21 Senior Citizen Day Breaded Pork Chop with Warm Cinnamon Apples Mashed Sweet Potatoes Brussels Sprouts Wheat Dinner Roll Peach Pie with Whipped Topping (995)</p>	<p>22 Breaded Chicken Breast with Sweet & Sour Sauce Vegetable Rice Pilaf Broccoli Florets Chef Salad with Dressing Dinner Roll Strawberry Ice Cream (896)</p>	<p>23 Entrée Salad Greek Chicken Salad with Mixed Salad Greens & Greek Dressing Wheat Bread Pineapple Tidbits <i>Chocolate Milk</i> (703)</p>
<p>26 Chicken & Sausage Paella Rice & Black Beans Corn with Red Pepper Orange-Pineapple Juice Diced Peaches (623)</p>	<p>27 Beef Macaroni Casserole with Mozzarella Peas & Carrots Grape Juice Chef Salad with Dressing Multigrain Bread Orange Creamsicle (956)</p>	<p>28 Ham Steak with Maple Glaze Sweet Potatoes Green Bean Casserole Rye Bread Chocolate Chip Cookies (892)</p>	<p>29 Entrée Salad Tuna Salad on Mixed Salad Greens with Ranch Dressing Club Crackers Fresh Banana <i>Chocolate Milk</i> (746)</p>	<p>30 Labor Day Lunch Breaded Chicken Drumsticks Ranch Mashed Potatoes Au Gratin Broccoli Wheat Dinner Roll Banana Cream Pie (1031)</p>