

# Erie County Stay Fit Dining Program

## Standard Menu

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions &amp; Tomatoes Raisin Bread Fruit Compote (777)</p>	<p><b>2</b> Chicken Breast with Gravy Mashed Sweet Potatoes Peas Breakaway Roll Frozen Fudge Bar (646)</p>	<p><b>3</b> Baked Rigatoni Pasta with Italian Sausage &amp; Tomato Sauce Broccoli <b>Chef Salad with Dressing</b> Dinner Roll Strawberry Bavarian (760)</p>	<p><b>4</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple &amp; Mandarin Oranges (678)</p>	<p><b>5</b> Teriyaki Seasoned Beef Strips over Rice Oriental Mixed Vegetable Orange Pineapple Juice Fresh Nectarine <b>Chocolate Milk</b> (591)</p>
<p><b>8</b> Breaded Chicken Breast with Herb Gravy Cheddar Mashed Potatoes Lima Bean Bake Dinner Roll Fresh Plum <b>Chocolate Milk</b> (721)</p>	<p><b>9</b> Stuffed Shells with Tomato Meat Sauce &amp; Mozzarella Cauliflower <b>Chef Salad with Dressing</b> Italian Bread Shortbread Cookies (841)</p>	<p><b>10</b> Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Bavarian (863)</p>	<p><b>11</b> <b>Entree Salad</b> Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Dressing Whole-grain Crackers Rainbow Sherbet (725)</p>	<p><b>12</b> Roast Beef with Gravy &amp; Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (773)</p>
<p><b>15</b> Ham Steak with Pineapple Topping Mashed Butternut Squash Creamy Cabbage with Dill Wheat Dinner Roll Shortbread Cookies (602)</p>	<p><b>16</b> Chicken &amp; Sausage Paella With Dirty Rice Corn-on-the-Cob Fruit Punch Fresh Watermelon <b>Chocolate Milk</b> (607)</p>	<p><b>17</b> Cheese Tortellini with Chicken Cream Sauce Carrots Brussels Sprouts <b>Chef Salad With Dressing</b> Italian Bread Chocolate-covered Cream Bar (776)</p>	<p><b>18</b> Turkey Breast with Gravy &amp; Cranberry Sauce Sweet Potatoes Green Bean Casserole Wheat Bread Peach Bavarian (558)</p>	<p><b>19</b> Senior Citizens Day Cabbage Roll with Savory Meat Sauce Mashed Potatoes Broccoli Florets <b>Marinated Cucumbers, Tomatoes &amp; Onion Salad</b> Dinner Roll Cheesecake with Strawberry Topping (942)</p>
<p><b>22</b> Caribbean Chicken Stew Yellow Rice with Turmeric California Blend Vegetables Chocolate Cake with Frosting (800)</p>	<p><b>23</b> Sloppy Joe on Kneole Wheat <del>Roasted Red Potatoes</del> Broccoli Tropical Fruit (654)</p>	<p><b>24</b> <b>Entree Salad</b> Grilled Chicken, Mandarin Orange &amp; Sunflower Salad Whole Wheat Dinner Roll Sugar Cookies (745)</p>	<p><b>25</b> Roast Beef with Gravy &amp; Horseradish on Deli Rye Cheesy Mashed Potatoes Green Beans Fresh Cantaloupe <b>Chocolate Milk</b> (770)</p>	<p><b>26</b> Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Cornbread <b>Coleslaw</b> Ambrosia (837)</p>
<p><b>29</b> Rotini Pasta with Meatballs, Tomato Sauce &amp; Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701)</p>	<p><b>30</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Orange Creamsicle (711)</p>	<p><b>31</b> Roast Turkey with Gravy &amp; Cranberry Sauce Mashed Sweet Potatoes Peas Dinner Roll Fresh Watermelon <b>Chocolate Milk</b> (610)</p>	<p><b>1</b> Labor Day Meat Breaded Pork Chop with Gravy Broccoli Cheese Rice Casserole Carrots Wheat Dinner Roll <b>Chef Salad with Dressing</b> Banana Cream Pie (1010)</p>	<p><b>2</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)</p>