



Erie County Stay Fit Dining Program

Standard Menu

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
29 Chicken Vegetable Casserole with a Biscuit Brussels Sprouts Fresh Banana (721)	30 Hot Dog with Ketchup on a Bun Fresh Roasted Red Potatoes Seasoned Spinach Pineapple <i>Chocolate Milk</i> (799)	1 Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	2 <i>Side Salad</i> Lasagna Roll with Meatsauce California Mixed Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (751)	3 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pear Onions Wheat Bread Brownie (849)
6 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Peas Blueberry Muffin Fresh Orange <i>Chocolate Milk</i> (790)	7 <i>Side Salad</i> Rigatoni with Italian Sausage & Tomato Sauce Broccoli Chef Salad with Dressing Dinner Roll Peach Bavarian (728)	8 <i>Mother's Day Lunch</i> Boneless Chicken Breast with Stuffing & Lemon Pepper Gravy Scalloped Potatoes California Mixed Vegetables Chocolate Cream Pie (938)	9 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Dinner Roll Apple Crisp (840)	10 <i>ENTRÉE SALAD</i> Julienne Salad with Dressing Whole Wheat Bread Butterscotch Pudding (670)
13 Breaded Chicken Drumsticks Fresh Roasted Red Potatoes French Bean Medley Dinner Roll Fresh Apple (734)	14 <i>Side Salad</i> Stuffed Shells with Tomato Meatsauce & Shredded Mozzarella Cauliflower Chef Salad with Dressing Italian Bread Italian Cookies (782)	15 BBQ Pork Ribette Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (865)	16 Herb Crusted Tilapia Zucchini with Diced Tomato Orange Juice Broccoli Cheese Rice Casserole Raspberry Sherbet (746)	17 <i>Soup & Sandwich</i> Shredded Roast Beef with Gravy & Horseradish Pkt. on a Roll Navy Bean Soup Mixed Vegetables Strawberry Gelatin with Fruit (779)
20 Beef Stew Brussels Sprouts Biscuit Rice Pudding (609)	21 Turkey Breast with Gravy & Cranberry Sauce Mashed Potatoes Green Bean Casserole Whole Wheat Bread Strawberry Bavarian (614)	22 <i>ENTRÉE SALAD</i> Julienne Salad with Dressing Dinner Roll Fresh Orange (609)	23 <i>Memorial Day Lunch</i> BBQ Chicken Quarter Potato Salad California Mixed Vegetables Dinner Roll Apple Pie	24 Stuffed Pepper with Tomato Meatsauce Mashed Potatoes Broccoli Italian Bread Fruit Compote (627)
27 No Meals Served	28 Polynesian Chicken over White Rice California Blend Vegetables Summer Squash with Red Pepper Mandarin Oranges (603)	29 Sliced Roast Beef with Horseradish & Gravy Cheesy Mashed Potatoes Carrots Rye Bread Fresh Banana (732)	30 Sloppy Joe on a Wheat Hamburger Bun Fresh Roasted Red Potatoes Broccoli Fresh Melon <i>Chocolate Milk</i>	31 Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Cornbread Ambrosia (739)



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