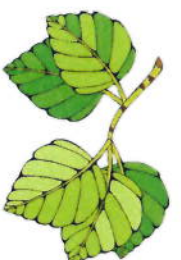




# Erie County Stay Fit Dining Program

## Standard Menu

### September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 No Meals Served</b></p> 	<p><b>3</b> Breaded Chicken Breast with Buffalo-style Sauce on a Hamburger Bun Fiesta Corn Broccoli Fresh Plum <i>Chocolate Milk</i> (719)</p>	<p><b>4</b> Sliced Roast Turkey with Stuffing, Gravy and Cranberry Sauce Mashed Sweet Potatoes Peas Tapioca Pudding with Diced Peaches (713)</p>	<p><b>5</b> Beef Stew Mashed Potatoes Garlic Biscuit Chocolate Mousse (751)</p>	<p><b>6</b> Roast Pork with Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)</p>
<p><b>9</b> Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)</p>	<p><b>10 ENTRÉE SALAD</b> Julienne Salad with Iceberg &amp; Romaine Lettuce Cherry Tomatoes &amp; Carrots Rye Bread Frosted Lemon Cake (760)</p>	<p><b>11</b> Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (766)</p>	<p><b>12 Side Salad</b> Boneless Breaded Chicken Breast with Tomato Sauce &amp; Mozzarella over Pasta Wax Beans <i>Chef Salad</i> Tropical Fruit (615)</p>	<p><b>13</b> Sliced Roast Beef with Fresh Onion Gravy &amp; Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (694)</p>
<p><b>16</b> Italian Sausage with Peppers, Onions &amp; Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)</p>	<p><b>17</b> Chili Con Carne Carrots Fruit Punch Cornbread Fresh Apple <i>Chocolate Milk</i> (917)</p>	<p><b>18</b> Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (643)</p>	<p><b>19 ENTRÉE SALAD</b> Grilled Chicken Caesar Salad Dinner Roll Frosted Marble Cake (972)</p>	<p><b>20</b> Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)</p>
<p><b>23 WELCOME FALL</b></p>				
<p> <b>23</b> Roast Turkey with Gravy &amp; Cranberry Sauce Mashed Potatoes Peas and Carrots Breakaway Roll Apple Pie with Whipped Topping (812)</p>	<p><b>24</b> Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)</p>	<p><b>25</b> Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote (772)</p>	<p><b>26</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Spinach with Mushrooms Lemon Cake with Lemon Glaze (951)</p>	<p><b>27</b> Beer Battered Fish with Tartar Sauce on a Whole Wheat Bun Macaroni &amp; Cheese Italian Green Beans Mandarin Oranges (796)</p>
<p><b>30</b> Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches <i>Chocolate Milk</i> (813)</p>	<p><b>1</b> Quarter Chicken with Gravy Carrots Cauliflower Rice Sugar Cookies (780)</p>	<p><b>2</b> Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (671)</p>	<p><b>3</b> Bratwurst with Baked Beans &amp; Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges (731)</p>	<p><b>4 ENTRÉE SALAD</b> Cranberry Chicken Salad On a Bed of Lettuce with Classique Dressing Club Crackers Tropical Fruit (662)</p>

