

Erie County Stay Fit Dining Program

African American Menu

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot Dog w/ Baked Beans Home Fries Broccoli Hot Dog Bun Fresh Orange 734
4 Cheddar Beef Macaroni Casserole Cauliflower Fiesta Corn Dinner Roll Diced Peaches 754	5 Breaded Boneless Chicken Breast w/ Gravy Seasoned Mashed Squash Broccoli Dinner Roll Apple Oatmeal Bar 737	6 Entrée Salad Julienne Salad w/ Classic Dressing & Croutons Fresh Iceberg & Romaine Lettuce Cherry Tomatoes & Carrots Wheat Bread Fresh Orange 776	7 Sliced Roast Pork w/ Mushroom Gravy German Potato Salad Brussels Sprouts Wheat Dinner Roll Brownie w/ Chocolate Frost. 864	8 Homemade Stuffed Pepper w/ Savory Sauce Au Gratin Diced Potatoes Green Peas Italian Bread Cherry Gelatin w/ Fruit Cocktail 858
11 Turkey Burger w/ Gravy Carrots Broccoli Cheese Rice Casserole Wheat Hamburger Roll Pineapple Tidbits 801	12 Knockwurst w/ Sauerkraut Mashed Potatoes Green Beans w/ Red Pepper Hot Dog Roll Chocolate Pudding 746	13 Soup & Sandwich Sloppy Joe Zucchini Medley Minestrone Soup Hamburger Roll Baked Apple Crisp 908	14 Sweet and Sour Chicken Seasoned Spinach Wax Beans White Rice Oatmeal Raisin Cookies 777	15 Beef & Rice Patty w/ Savory Sauce Mashed Potatoes Cabbage/ Savory Sauce Breakaway Roll Peaches 729
18 Side Salad Pork Ribbette w/ BBQ Sauce Potato Salad Italian Green Beans Hot Dog Roll Butterscotch Pudding 820	19 Beef Macaroni Casserole Green Peas Sliced Carrots Wheat Dinner Roll Fresh Orange 778	20 Christmas Dinner Chicken Cordon Bleu w/ Cheese Sauce Over White Rice Brussels Sprouts, Dinner Roll Baked Apples w/ Cran & Cinn Chocolate Cream Pie 1125	21 Meatloaf w/ Gravy Scalloped Potatoes Broccoli Rye Bread Marble Cake w/ Van. Frosting 876	22 Side Salad Breaded Fish w/ Tarter Sauce Seasoned Mixed Greens Creamy Coleslaw Macaroni & Cheese Strawberry Oatmeal Bar 1047
25 <i>Merry Christmas from the Stay Fit Dining Program</i>	26 Breaded Chicken w/ Cacciatore Sauce over Penne Pasta Seasoned Mashed Squash Green Peas Rice Crispy Square 771	27 Meatballs w/ German Sauce over Cavatappi California Blend Vegetables Grape Juice Oatmeal Raisin Cookies 884	28 Cheese Omelet w/ Cheese Sauce Seasoned Home Fries Seasoned Spinach w/ Mushrooms Blueberry Muffin Square Fresh Orange 814	29 New Year's Dinner Breaded Bone-In Pork Chop w/ Gravy Green Bean Casserole Cauliflower Molded Cranberry Salad Bread Stuffing Coconut Cream Pie 1197