

Erie County Stay Fit Dining Program

AFRICAN-AMERICAN MENU

AUGUST 2017

Mon	Tue	Wed	Thu	Fri
31 Creamy Turkey Pasta w/ Penne Pasta Wax Beans Broccoli Lorna Doones 651	1 Sloppy Joe Wheat Hamburger Bun Fiesta Corn Tender Peas Pineapple Tidbits 775	2 Sliced Ham Steak w/ Pineapple sauce Oven Browned Potatoes Seasoned Mashed Squash Rye Bread Frosted Brownie 773	3 Sliced Roast Beef w/ Gravy Sour Cream & Chive Mashed Potatoes Green Beans Wheat Hamburger Bun Lemon Bavarian 673	4 BBQ Chicken Leg Quarter Seasoned Black Eyed Peas Seasoned Collard Greens Cornbread Fresh Cantaloupe 769
7 Beef Macaroni Casserole Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits 757	8 Breaded Chicken Brest w/ Scallopini Sauce Mashed Sweet Potatoes Green Beans w/ Red Pepper Whole Wheat Dinner Roll Peach & Pear Cup 782	9 Entrée Salad Chicken Salad with Cranberries Fresh Mixed Greens w/ Dressing Cherry Tomatoes & Carrots Rye Bread Fresh Watermelon 738	10 Breaded Boneless Pork Chop w/ Gravy Mashed Potatoes Country Vegetables Whole Wheat Bread Chocolate Pudding 732	Southern Style Beef Stew With Vegetables Oven Browned Potatoes w/ Green Peppers & Onions Biscuit Fruited Gelatin 758
14 BBQ Pulled Pork Hamburger Bun Seasoned Home Fries Country Mixed Veggies Fresh Orange 814	15 Meatballs w/ Penne Pasta, Tomato Sauce & Mozzarella Cheese Tender Peas Grape Juice Chocolate Chip Cookies 1093	16 Breaded Chicken Breast w/ Herb Gravy Mashed Sweet Potatoes Diced Harvard Beets Whole Wheat Dinner Roll Tropical Fruit Cup 817	17 Homestyle Meatloaf w/ Onion Gravy Soft Bun Mashed Potatoes Fiesta Corn Rice Pudding w/ Raisins 902	Baked Fish w/ Creole Sauce White Rice Carrot Coins Confetti Coleslaw Frosted Brownie 784
21 Senior Citizen Day Breaded Chicken Drumsticks Cheesy Mashed Potatoes Tender Peas Dinner Roll Raspberry Sherbet 811	22 Breaded Veal Patty w/ Italian Tomato Sauce & Mozzarella Cheese Penne Pasta Seasoned Spinach Cranberry Juice Carnival Sugar Cookies 950	23 Maple Glazed Ham Steak Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fruited Gelatin 703	24 Hot Dog w/ Chili Sauce Hot Dog Bun Seasoned Home Fries California Blend Veggies Pineapple Tidbits 849	Breaded Boneless Pork Chop w/ Gravy Sweet Potato Casserole Seasoned Mixed Greens Cornbread Fresh Watermelon 839
28 Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Sweet Corn Chocolate Pudding 785	29 Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Dinner Roll Tropical Fruit Cup 813	30 Baked Lasagna Roll w/ Meat Sauce & Mozzarella Spinach & Mushrooms Cauliflower Whole Wheat Roll Strawberry Bavarian 814	31 Sliced Turkey Breast w/ Gravy & Stuffing Chive Mashed Potatoes Carrot Coins Frosted Lemon Cake 797	1 Labor Day Meal Steakhouse Burger & Bun Homestyle Baked Beans Creamy Macaroni & Cheese Marinated Veggie Salad Delicious Cherry Pie 1310