

# Erie County Stay Fit Dining Program

## STANDARD MENU

**AUGUST 2017**

Mon	Tue	Wed	Thu	Fri
<b>31</b> Creamy Turkey Pasta w/ Penne Pasta Wax Beans Broccoli Lorna Doones 651	<b>1</b> Sloppy Joe Wheat Hamburger Bun Fiesta Corn Tender Peas Pineapple Tidbits 775	<b>2</b> Sliced Ham Steak w/ Pineapple sauce Oven Browned Potatoes Seasoned Mashed Squash Rye Bread Frosted Brownie 773	<b>3</b> Sliced Roast Beef w/ Gravy Sour Cream & Chive Mashed Potatoes Green Beans Wheat Hamburger Bun Lemon Bavarian 673	<b>4</b> BBQ Chicken Leg Quarter Mashed Potatoes Tender Carrots Dinner Roll Fresh Cantaloupe 695
<b>7</b> Beef Macaroni Casserole Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits 757	<b>8</b> Breaded Chicken Brest w/ Scalopini Sauce Mashed Sweet Potatoes Green Beans w/ Red Pepper Whole Wheat Dinner Roll Peach & Pear Cup 782	<b>9 Entrée Salad</b> Chicken Salad with Cranberries Fresh Mixed Greens w/ Dressing Cherry Tomatoes & Carrots Rye Bread Fresh Watermelon 738	<b>10</b> Breaded Boneless Pork Chop w/ Gravy Mashed Potatoes Country Vegetables Whole Wheat Bread Chocolate Pudding 732	<b>11</b> Hamburger with Mushroom Gravy Hamburger Bun Oven Browned Potatoes Seasoned Mashed Squash Fruited Gelatin 890
<b>14</b> BBQ Pulled Pork Hamburger Bun Seasoned Home Fries Country Mixed Veggies Fresh Orange 814	<b>15</b> Meatballs w/ Penne Pasta, Tomato Sauce & Mozzarella Cheese Tender Peas Grape Juice Chocolate Chip Cookies 1093	<b>16</b> Breaded Chicken Breast w/ Herb Gravy Mashed Sweet Potatoes Diced Harvard Beets Whole Wheat Dinner Roll Tropical Fruit Cup 817	<b>17</b> Homestyle Meatloaf w/ Onion Gravy Soft Bun Mashed Potatoes Fiesta Corn Rice Pudding w/ Raisins 902	<b>18</b> Breaded Fish Patty w/ Tartar Sauce Carrot Coins Confetti Coleslaw Broccoli Cheese Rice Casserole Frosted Brownie 1004
<b>21 Senior Citizen Day</b> Breaded Chicken Drumsticks Cheesy Mashed Potatoes Tender Peas Dinner Roll Raspberry Sherbet 811	<b>22</b> Breaded Veal Patty w/ Italian Tomato Sauce & Mozzarella Cheese Penne Pasta Seasoned Spinach Cranberry Juice Carnival Sugar Cookies 950	<b>23</b> Maple Glazed Ham Steak Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fruited Gelatin 703	<b>24</b> Hot Dog w/ Chili Sauce Hot Dog Bun Seasoned Home Fries California Blend Veggies Pineapple Tidbits 849	<b>25 Side Salad</b> Breaded Boneless Pork Chop w/ Gravy Mashed Lyonnaise Potatoes Chef Salad w/ Dressing Whole Wheat Roll Fresh Watermelon 787
<b>28</b> Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Sweet Corn Chocolate Pudding 785	<b>29</b> Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Tropical Fruit Cup 813	<b>30</b> Baked Lasagna Roll w/ Meat Sauce & Mozzarella Spinach & Mushrooms Cauliflower Whole Wheat Roll Strawberry Bavarian 814	<b>31</b> Sliced Turkey Breast w/ Gravy & Stuffing Chive Mashed Potatoes Carrot Coins Frosted Lemon Cake 797	<b>1 Labor Day Meal</b> Steakhouse Burger & Bun Homestyle Baked Beans Creamy Macaroni & Cheese Marinated Veggie Salad Delicious Cherry Pie 1310