

Erie County Stay Fit Dining Program

AFRICAN-AMERICAN MENU

SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
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
4 Labor Day NO MEALS SERVED	5 NO MEALS SERVED	6 (2) Stuffed shells w/ Tomato Meat Sauce Cauliflower Seasoned Spinach Italian Bread Pineapple Tidbits 795	7 Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Dinner Roll Fresh Banana 805	8 Entrée Salad Sliced Ham, Turkey, Swiss Cheese & Egg Fresh Mixed Greens Cherry Tomatoes & Carrots Wheat Dinner Roll Ambrosia 861
11 Beef Macaroni Casserole Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches 767	12 Breaded Boneless Chicken Breast w/ Gravy Mashed Squash Brussels Sprouts Dinner Roll Apple Oatmeal Bar 750	13 Breaded Veal Patty w/ Gravy Creamy Mashed Potatoes California Blend Veggies Whole Wheat Bread Frosted Brownie 967	14 Sliced Roast Pork w/ Mushroom Gravy Mashed Sweet Potatoes Harvard Beets Wheat Dinner Roll Fresh Apple 813	15 Side Salad Homemade Stuffed Pepper w/ Savory Tomato Sauce Mashed Potatoes Seasoned Mixed Greens Cornbread Fruited Gelatin 845
18 Turkey Burger w/ Gravy Mashed Sweet Potatoes Broccoli Whole Wheat Roll Pineapple Tidbits 823	19 Knockwurst w/ Sauerkraut Hot Dog Bun Mashed Potatoes Green Beans w/ Red Pepper Chocolate Pudding 746	20 Welcome Fall Egg Salad Sandwich Wheat Bread Minestrone soup Carrot Coins Baked Apple Crisp 752	21 Sweet & Sour Chicken Over White Rice Seasoned Spinach Wax Beans Oatmeal Raisin Cookies 777	22 Beef & Rice Patty w/ Gravy Mashed Potatoes Creamed Cabbage w/ Okra Breakaway Roll Baked Peach Crisp 865
25 BBQ Pork Ribbette Mashed Potatoes w/ Chives Tender Peas Hot Dog Bun Butterscotch Pudding 791	26 Beef Macaroni Casserole Cheddar Cheese Italian Green Beans Sweet Corn Fresh Orange 778	27 Side Salad Breaded Boneless Chicken Breast w/ Jardiniere Gravy Rice Pilaf Chef Salad w/ Dressing Carrot Coins Tropical Fruit Cup 779	28 Homestyle Meatloaf w/ Gravy Mashed Potatoes Spinach Rye Bread Frosted Spice Cake 852	29 Breaded Fish Patty w/ Tartar Sauce Macaroni & Cheese Broccoli Grape Juice Strawberry Oatmeal Bar 924