

Erie County Stay Fit Dining Program

STANDARD 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 <p style="text-align: center;"><u>NO MEALS SERVED</u></p>	5 (2) Stuffed shells w/ Tomato Meat Sauce Cauliflower Seasoned Spinach Italian Bread Pineapple Tidbits 795	6 Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Dinner Roll Fresh Banana 805	7 Hamburger w/ Onion Gravy Soft Roll Mashed Potatoes Stewed Tomatoes Sugar Cookies 936	8 Julienne 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 Homemade Stuffed Pepper w/ Savory Tomato Sauce Mashed Potatoes Chef Salad w/ Dressing Italian Bread Fruited Gelatin 941
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 over Cabbage w/ Savory Sauce Mashed Potatoes Breakaway Dinner Roll Peaches 729
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