









# Erie County Stay Fit Dining Program

## STANDARD MENU

### JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> BBQ Pulled Pork on a Roll Seasoned Home Fries Romano Vegetable Seasonal Fresh Fruit <i>Chocolate Milk</i> 	<b>3 Independence Day Meal</b> Sahlen's Hot Dog w/ Chili Sauce on a Bun Corn on the Cob Vegetable Blend Potato Salad Strawberry Swirl Ice Cream 	<b>4 Happy 4<sup>th</sup> of July! No Meals Served</b> 	<b>5</b> Breaded Chicken Breast with Gravy Mashed Potatoes Cauliflower Wheat Dinner Roll Chocolate Chip Cookies	<b>6</b> Breaded Fish with Tartar Sauce Cheesy Rice with Broccoli Carrots Apple Juice Frosted Brownie
<b>9</b> Boneless Chicken Breast with Gravy Cheesy Mashed Potatoes Seasoned Spinach Dinner Roll Butterscotch Pudding	<b>10</b> Cabbage Roll with Savory Sauce Scalloped Potatoes Carrots Rye Bread Sugar Cookies	<b>11</b> Ham Steak with Maple Glaze Mashed Sweet Potatoes Green Beans with Red Peppers Wheat Bread Strawberry Gelatin with Mandarin Oranges	<b>12 Chef Side Salad</b> Penne Pasta with Meatballs and Tomato Sauce with Mozzarella Cheese Peas Chef Salad with Dressing Tropical Fruit Cup	<b>13</b> Breaded Boneless Pork Chop with Gravy Mashed Lyonnaise Potatoes Broccoli Wheat Dinner Roll Seasonal Fresh Fruit
<b>16</b> Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Corn Chocolate Pudding	<b>17 ENTRÉE SALAD</b> Tuna Macaroni Salad on a Bed of Lettuce with Tomatoes Crackers Tropical Fruit Cup 	<b>18</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Seasoned Spinach with Mushrooms Cauliflower Italian Bread Strawberry Bavarian	<b>19</b> Turkey with Stuffing & Gravy Sour Cream & Chive Mashed Potatoes Carrots Lemon Cake with Frosting	<b>20</b> Steakhouse Burger with Gravy on a Bun Au Gratin Potatoes California Blend Vegetables Seasonal Fresh Fruit <i>Chocolate Milk</i>
<b>23</b> Beef Pepper Steak over Rice Green Beans with Red Pepper Sliced Carrots Fruit Delight Cookie	<b>24 Chef Side Salad</b> Stuffed Shells with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Chef Salad with Dressing Italian Bread Pineapple Tidbits	<b>25 Christmas in July</b> Breaded Chicken Drumsticks Mashed Sweet Potatoes Brussels Sprouts Dinner Roll Chocolate Éclair 	<b>26</b> Sliced Roast Beef with Gravy & Horseradish Sauce Garlic Mashed Potatoes Mixed Vegetables Sandwich Roll Sugar Cookies	<b>27</b> Ham & Cheese Strata with White Cheese Sauce Scalloped Apples & Cranberries Broccoli Wheat Dinner Roll Ambrosia
<b>30</b> Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches	<b>31</b> Sliced Roast Pork w/ Mushroom Gravy Rice Pilaf, Harvard Beets Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i>	<b>1 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Wheat Bread Frosted Brownie 	<b>2</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Gelatin with Fruit Cocktail	<b>3</b> Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears

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