

Erie County Stay Fit Dining Program

AFRICAN-AMERICAN MENU

SEPTEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1 Ham Steak w/ Pineapple Sauce Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fresh Watermelon 549	2 <u>LABOR DAY LUNCH!</u> Hamburger w/Onion Gravy Soft Roll Potato Salad Fiesta Corn Apple Pie! 1009
5 <u>LABOR DAY HOLIDAY!</u> <u>NO</u> <u>MEALS</u> <u>SERVED</u>	6 Knockwurst w/Sauerkraut Home Fries Seasoned Spinach Hot Dog Bun Pineapple Tidbits 761	7 Sliced Turkey w/Gravy Whole Sweet Potatoes Scalloped Apples & Cranberries Dinner Roll Oatmeal Raisin Cookies 854	8 Breaded Pork Loin w/Gravy Fresh Scalloped Potatoes Carrot Coins Whole Wheat Roll Fruited Gelatin 807	9 Spanish Rice Casserole Seasoned Mixed Greens Grape Juice Cornbread Peach Bavarian 738
12 Chicken Vegetable Stew Mashed Potatoes Buttermilk Biscuit Chocolate Pudding 678	13 Beef Pepper Casserole White Rice Peas & Carrots Chef Salad w/Dressing Fruit Cocktail 710	14 <u>ENTRÉE SALAD</u> Boneless Chicken Breast Bow Tie Pasta & Vegetable Salad Apple Juice Fresh Orange 710	15 Sliced Turkey & Gravy Soft Roll Cauliflower Spinach Frosted Brownie 828	16 Homemade Stuffed Pepper Savory Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Gelatin 824
19 Swedish Meatballs Cavatappi Pasta Brussels Sprouts Carrot Coins Fruit Delight Cookie 769	20 Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 825	21 Breaded Chicken Cutlet w/Gravy Whole Sweet Potatoes Mixed Vegetable Dinner Roll Tropical Fruit 625	22 <u>FIRST DAY OF FALL!</u> Sliced Roast Beef w/Gravy Mashed Potatoes Stewed Tomatoes Fresh Rye Bread Spice Cake w/Cream Cheese Frosting 715	23 Baked Fish w/Creole Sauce Seasoned Red Potatoes Mixed Greens Fresh Cornbread Fresh Cantaloupe 495
26 Lasagna Roll w/Meat Sauce Cauliflower Marinated Bean Salad Italian Bread Diced Peaches 737	27 Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Fruited Gelatin 603	28 Ham Steak w/Mustard Sauce Scalloped Potatoes California Mix Vegetables Whole Wheat Roll Fresh Apple 661	29 Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Dinner Roll Sugar Cookies 694	30 Meatloaf w/Gravy Cheesy Grits Tender Peas Fresh Rye Bread Strawberry Bavarian 650