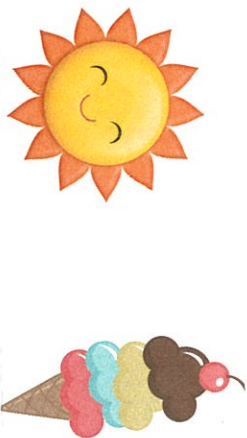


Erie County Stay Fit Dining Program

Standard Menu

July 2021



Tuesday	Wednesday	Thursday
<p>29 Entrée Salad</p> <p>Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Classique Dressing</p> <p>Club Crackers</p> <p>Sugar Cookies (797)</p>	<p>30</p> <p>Roast Beef with Horseradish & Gravy</p> <p>Sweet Potatoes</p> <p>Savory Cabbage</p> <p>Rye Bread</p> <p>Frosted Cherry Cake (811)</p>	<p>1</p> <p>Bratwurst with Sauerkraut & Mustard on a Bun</p> <p>German Potato Salad</p> <p>Mixed Vegetables</p> <p>Mandarin Oranges (745)</p>
<p>6</p> <p>Breaded Chicken Drumsticks</p> <p>Macaroni & Cheese</p> <p>Zucchini & Tomatoes</p> <p>Fruit Punch</p> <p>Tropical Fruit (782)</p>	<p>7</p> <p>Polish Sausage with Sauerkraut & Mustard on a Bun</p> <p>Roasted Red Potatoes</p> <p>Au Gratin Broccoli</p> <p>Marinated Tomato Salad</p> <p>Rice Krispie Treat (845)</p>	<p>8</p> <p>Tortellini with Tomato Meat Sauce</p> <p>Italian Mixed Vegetables</p> <p>Chef Salad with Dressing</p> <p>Italian Bread</p> <p>Fresh Nectarine</p> <p>Chocolate Milk (704)</p>
<p>13</p> <p>Beef Pepper Steak</p> <p>Casserole over White Rice</p> <p>Wax Beans with Carrot Broccoli</p> <p>Ice Cream Bar (681)</p>	<p>14</p> <p>Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese</p> <p>Country Cottage Mixed Vegetables</p> <p>Chef Salad with Dressing</p> <p>Ambrosia (784)</p>	<p>15 Entrée Salad</p> <p>Julienne Salad with Classique Dressing</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Cantaloupe</p> <p>Chocolate Milk (653)</p>
<p>20 Entrée Salad</p> <p>Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Classique Dressing</p> <p>Club Crackers</p> <p>Fresh Watermelon</p> <p>Chocolate Milk (702)</p>	<p>21</p> <p>Beef Bourguignon over Brown Rice</p> <p>Cauliflower</p> <p>French Bean Medley</p> <p>Oatmeal Raisin Cookies (796)</p>	<p>22</p> <p>Baked Ham with Brown Sugar Glaze</p> <p>Cheesy Scalloped Potatoes</p> <p>Brussels Sprouts</p> <p>Combread</p> <p>Chocolate Swirl Ice Cream (813)</p>
<p>27</p> <p>Hot Dog with Baked Beans & Ketchup on a Bun</p> <p>Corn-on-the-Cob</p> <p>Fruit Punch</p> <p>Potato Salad</p> <p>Fresh Watermelon (864)</p>	<p>28 Entrée Salad</p> <p>Chicken Caesar Salad with Caesar Dressing</p> <p>Rye Bread</p> <p>Ice Cream Sandwich (939)</p>	<p>29</p> <p>Lasagna Roll With Tomato Meat Sauce</p> <p>California Mixed Vegetables</p> <p>Grape Juice</p> <p>Chef Salad with Dressing</p> <p>Lemon Bavarian (837)</p>