



Erie County Stay Fit Dining Program Standard Menu October 2021



Tuesday	Wednesday	Thursday
5 Entrée Salad Tuna Macaroni Salad Fresh Salad with Classique Dressing Cherry Tomatoes Wheat Dinner Roll Fruit Cocktail (679)	6 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Broccoli Bavarian-filled Chocolate Eclair Marinated Cucumber & Onion Salad (992)	7 Tortellini with Tomato Meat Sauce Seasoned Spinach Italian Mixed Vegetables Italian Bread Fresh Grapes Chocolate Milk (643)
12 Beef Pepper Steak Casserole over Rice Broccoli Waxed Beans with Carrot Butterscotch Pudding (645)	13 Penne Pasta & Meatballs with Tomato Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables Pineapple Juice Ambrosia (778)	14 Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Whole Wheat Bread Chunky Cinnamon Applesauce Chocolate Milk (740)
19 Soup & Salad Broccoli Cheddar Soup with a Biscuit Carrots Chef Salad with Dressing Tropical Fruit (641)	20 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (796)	21 Entrée Salad New Menu Item Mediterranean Chicken Salad Dinner Roll Fresh Banana Chocolate Milk (826)
26 Hot Dog with Baked Beans on a Bun Roasted Red Potatoes Carrots Pineapple Chocolate Milk (751)	27 Entrée Salad Julienne Salad with Dressing Rye Bread Cinnamon Streusel Cake (791)	28 Lasagna Roll with Meat Sauce California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (754)

For more information call 858-7639