

Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
29 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Fresh Orange (730)	30 Tea Party 5pm – Steakhouse Burger, Tater Tots, Au Gratin Broccoli, Ched Salad & Dessert – (Bingo)	31 Cabbage Roll with Savory Meat Sauce, Garlic Mashed Potatoes Corn, Dinner Roll Oatmeal Cookies 4pm- Tuna Salad, Crackers and Dessert	1 Ham Steak with Pineapple Sauce Au Gratin Potatoes Broccoli Florets Rye Bread Butterscotch Pudding (553)	2 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Chef Salad with Dressing Wheat Dinner Roll Fudge Round Cookie (764)
5 Caribbean Chicken Casserole Yellow Rice with Turmeric Broccoli Florets Orange-Pineapple Juice Lorna Doones (791)	6 Pork Ribette with BBQ Sauce on a Bun Cheesy Diced Potatoes Green Beans Fresh Orange <i>Chocolate Milk</i> (766) 5pm- Breaded Pork Chop, Cinnamon Apple Gaze, Lazy Pierogi, Harvard Beets Salad & Root Beer Float	7 Hamburger with Gravy on a Bun Mashed Potatoes Carrots Chef Salad with Dressing Strawberry Jello (800) 4pm- Grilled Chicken, dinner and Dessert	8 Chicken Parmesan over Pasta with Tomato Sauce, Cauliflower Peas, Vanilla Pudding (777) 4:30pm – Breaded Pork Chop, Cinnamon Apple Gaze, Lazy Pierogi, Harvard Beets Salad & Dessert	9 Vegetable Quiche with Cheese Sauce Harvard Beets Broccoli Florets Wheat Dinner Roll Strawberry Ice Cream (703)
12 Beef Bourguignon Garlic Mashed Potatoes Brussels Sprouts Dinner Roll Chocolate Pudding (669)	13 Chicken Breast with Gravy Broccoli Cheese Rice Casserole, Carrots Multigrain Bread Fresh Orange <i>Chocolate Milk</i> (684) 5pm – Chicken Cordon Bleu, Sauce, Vegetable Rice Pilaf, Carrots, Salad & Dessert (FraudProgram)	14 Hearty Pork Stew, Mashed Potatoes, Broccoli Florets Warm Biscuit, Sugar Cookies (794) 4pm- Beef Taco Salad, Tortilla Strips & Dessert	15 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Dinner Roll Applesauce (796)	16 Turkey with Gravy & Cranberry Sauce Mashed Butternut Squash Peas Wheat Dinner Roll Mandarin Oranges (525)
19 Macaroni & Cheese Peas with Red Pepper California Blend Vegetables Wheat Dinner Roll Rice Krispie Treat (891)	20 Ground Beef Taco Meat with Shredded Cheddar & Flour Tortilla Spanish Rice, Fiesta Corn Tropical Fruit (741) 5:30pm – Appetizer 6:20pm Dinner Roaring 20's Event	21 Senior Board Luncheon 4pm – Cranberry Chicken Salad, Roll & Dessert	22 Breaded Chicken Breast with Sweet & Sour Sauce Vegetable Rice Pilaf Broccoli Florets Chef Salad with Dressing Dinner Roll Strawberry Ice Cream (896)	23 Entrée Salad Greek Chicken Salad with Mixed Salad Greens & Greek Dressing Wheat Bread Pineapple Tidbits <i>Chocolate Milk</i> (703)
26 Chicken & Sausage Paella Rice & Black Beans Corn with Red Pepper Orange-Pineapple Juice Diced Peaches (623)	27 Beef Macaroni Casserole with Mozzarella, Peas & Carrots, Grape Juice, Chef Salad with Dressing, Multigrain Bread, Orange Creamsicle 5pm- Roast Turkey, Sweet Potatoes, Green Bean Casserole, Stuffing & Oatmeal Cookie (Hot County Liners)	28 Ham Steak with Maple Glaze Sweet Potatoes, Green Bean Casserole Rye Bread Chocolate Chip Cookies (692) 4pm – Chicken Caesar, Roll and Dessert	29 Entrée Salad Tuna Salad on Mixed Salad Greens with Ranch Dressing Club Crackers Fresh Banana <i>Chocolate Milk</i> (746)	30 Labor Day Lunch Breaded Chicken Drumsticks Ranch Mashed Potatoes Au Gratin Broccoli Wheat Dinner Roll Banana Cream Pie (1031)