

Erie County Stay Fit Dining Program

STANDARD MENU

JUNE 2016

Mon	Tue	Wed	Thu	Fri
30 Memorial Day Holiday NO MEALS SERVED!	31 Hamburger w/Gravy Soft Roll & Ketchup Au Gratin Potatoes California Mixed Vegetables Fresh Fruit 832	1 Roasted Chicken Thigh Spanish Rice Brussels Sprouts Italian Bread Cinnamon Pears 727	2 Sliced Turkey w/Gravy Mashed Squash Tender Peas Oat Bran Muffin Square Mandarin Oranges 605	3 Lasagna Roll w/ Meat Sauce & Mozzarella Spinach & Mushrooms Apple Juice Whole Wheat Roll Cantaloupe 757
6 Chicken & Sausage Jambalaya Casserole Chopped Broccoli Fiesta Corn Sugar Cookies 781	7 Sliced Ham w/Mustard Sauce Lazy Perogi Mashed Squash Rye Bread Strawberry Bavarian 643	8 Soup & Sandwich Tasty Sloppy Joe Whole Wheat Soft Roll Hearty Vegetable Soup Carrot Coins Peach & Pear Cup 753	9 Boneless Chicken Breast w/Gravy Mashed Potatoes Seasoned Spinach Wheat Dinner Roll Frosted Chocolate Cake 831	10 Breaded Fish w/Tartar Sauce Whole Wheat Soft Roll Broccoli, Cheese, Rice Casserole Confetti Coleslaw Ambrosia w/Fruit 922
13 Shredded Pork in Gravy Oven Browned Potatoes Mashed Squash Rye Bread Chocolate Pudding 770	14 Flag Day Lunch! Marinated Roasted Chicken Breast Ranch Mashed Potatoes Orange Glazed Carrots Whole Wheat Roll Vanilla Ice Cream! 924	15 Entrée Salad Tuna Pasta Salad Fresh Mixed Greens Cherry Tomatoes & Carrots Apple Juice Unsalted Crackers Frosted Yellow Cake 980	16 Chicken Parmesan, Penne Pasta w/Tomato Sauce & Mozzarella Cheese Italian Style Beans Grape Juice Fresh Fruit 763	17 Father's Day Lunch! Bone-In Breaded Pork Chop w/Gravy Peas & Carrots Warm Apples & Cranberries Whole Wheat Roll Chocolate Cream Pie! 1066
20 First Day of Summer Picnic! BBQ Hamburger Soft Roll Seasoned Red Potatoes Confetti Coleslaw Fruit Delight Cookie 825	21 Goulash Casserole w/Shredded Cheese Chopped Broccoli Zucchini & Summer Squash Italian Bread Fresh Fruit 738	22 Sliced Ham w/ Mustard Sauce Whole Sweet Potatoes Cauliflower Whole Wheat Bread Strawberry Bavarian 580	23 Cheese Stuffed Shells w/Meat Sauce Grape Juice Peas & Carrots Whole Wheat Roll Frosted Chocolate Cake 1089	24 Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Tropical Fruit 593
27 Knockwurst w/ Sauerkraut & Mustard Hot Dog Bun Home Fries Seasoned Spinach Pineapple Tidbits 707	28 Boneless Chicken Breast w/Gravy Lima Bean Bake Mixed Vegetables Multigrain Bread Fruited Gelatin 542	29 Sliced Turkey w/Gravy Bread Stuffing Dutchess Mashed Potatoes Green Beans Chocolate Chip Cookies 989	30 Chili Con Carne w/Shredded Cheese White Rice Carrot Coins Grape Juice Vanilla Pudding 800	1 Fourth of July Lunch! Breaded Pork Loin w/Gravy Seasoned Red Potatoes Chopped Broccoli Whole Wheat Roll Apple Pie! 765

Call 652-7934 if you have to cancel your lunch!