Erie County Stay Fit Dining Program

STANDARD MENU

JULY 2016

Mon	Tue	Wed	Thu	Fri
				**1 Fourth of July Lunch!** Breaded Pork Loin w/Gravy Seasoned Red Potatoes Chopped Broccoli Whole Wheat Roll Apple Pie! 765
4 Fourth of July Holiday! Closed NO MEALS SERVED	**5** Cheese Omelet w/Cheese Sauce Home Fries w/Red Pepper Seasoned Spinach Multigrain Bread Fresh Orange 746	**6** Beef Pepper Casserole Brown Rice Tender Peas Carrot Coins Fruit Cocktail 609	**7** Sliced Turkey & Gravy Soft Roll Garlic Mashed Potatoes Chopped Broccoli Fresh Cantaloupe 555	**8** Homemade Stuffed Pepper Savory Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Gelatin 823
11 Swedish Meatballs White Rice Brussels Sprouts Carrot Coins Fruit Delight Cookie 754	**12** Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Diced Peaches 743	**13** Breaded Chicken Cutlet w/Gravy Whole Wheat Soft Roll Dutchess Mashed Potatoes Mixed Vegetables Fresh Cantaloupe 687	**14** Shredded Pork in Gravy Soft Roll Mashed Sweet Potatoes Coleslaw Fresh Banana 928	**15 ENTRÉE SALAD** BBQ Chicken Breast Fresh Mixed Greens Classique Salad Dressing Tender Corn Cherry Tomatoes Tropical Fruit 780
18 Lasagna Roll w/Meat Sauce Cauliflower Italian Style Beans Italian Bread Diced Peaches 686	**19** Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Fruited Gelatin 642	**20** Ham Steak w/Mustard Sauce Scalloped Potatoes California Mixed Vegetables Multigrain Bread Cookies 833	**21** Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Whole Wheat Roll Yellow Cake w/Chocolate Frosting 699	**22** Meatloaf w/Gravy Lyonnaise Mashed Potatoes Tender Peas Rye Bread Strawberry Bavarian 821
25 X-MAS in JULY LUNCH! Sliced Turkey w/Gravy Cranberry Sauce pc Mashed Sweet Potatoes Green Beans w/Red Peppers Whole Wheat Roll Lemon Meringue Pie 847	**26** Hot Dog w/Sauerkraut & Mustard Hot Dog Bun Seasoned Red Potatoes Mixed Vegetables Tropical Fruit 693	**27** Boneless Chicken Breast w/Gravy Oven-Browned Potatoes Tender Peas Whole Wheat Bread Orang-Pineapple Velvet 634	**28 NEW ITEM!** Sliced Roast Beef w/Gravy Mashed Potato Carrot Coins Dinner Roll Oatmeal Raisin Cookies 759	**29 ENTRÉE SALAD** Tuna Pasta Fresh Mixed Greens Classique Salad Dressing Carrots & Cherry Tomatoes Fresh Cantaloupe 730

Call us: 793-1454 if you have to cancel your lunch!