

Erie County Stay Fit Dining Program

STANDARD MENU

AUGUST 2016

Mon	Tue	Wed	Thu	Fri
1 BBQ Pork Ribette Chive Mashed Potatoes Carrot Coins Slider Roll Fig Bar 839	2 Sweet & Sour Chicken White Rice Italian Green Beans Mixed Vegetables Apple Cranberry Crisp 720	3 Meatballs w/Penne Pasta & Tomato Sauce Mozzarella Cheese Chopped Broccoli Chef Salad w/Dressing Chocolate Chip Cookies 1025	4 Meatloaf w/Gravy Mashed Sweet Potatoes Cauliflower Dinner Roll Cinnamon-Raisin Rice Pudding 954	5 Breaded Fish w/Tartar Sauce Macaroni & Cheese Tender Peas Coleslaw Pineapple Tidbits 963
8 Cheese Omelet w/Creole Sauce Seasoned Home Fries Mixed Vegetables Whole Wheat Bread Tropical Fruit 666	9 Hamburger w/Onion Gravy Soft Roll / Ketchup pc Au Gratin Potatoes California Mix Vegetables Strawberry Bavarian 851	10 Boneless Chicken Breast w/Cacciatore Sauce Mashed Potatoes Brussels Sprouts Italian Bread Frosted Chocolate Cake 716	11 Sliced Turkey in Gravy Bread Stuffing Mashed Squash Tender Peas Fresh Watermelon 574	12 Lasagna Roll w/Meat Sauce & Mozzarella Cheese Spinach w/Mushrooms Apple Juice Fruited Gelatin 817
15 Sloppy Joe Whole Wheat Soft Roll Carrot Coins Italian Bean Medley Pineapple Tidbits 726	16 <u>JULIENNE ENTRÉE SALAD</u> Ham, Turkey & Swiss Cheese ½ Hard Boiled Egg Fresh Mixed Lettuce Classique Salad Dressing Carrot & Cherry Tomatoes Fresh Orange 709	17 Ham Steak w/Mustard Sauce Lazy Pierogi Casserole Mashed Squash Fresh Rye Bread Ambrosia w/Fruit 612	18 Boneless Chicken Breast w/Gravy Seasoned Red Potatoes Creamed Dill Cabbage Whole Wheat Bread Frosted Brownie 628	19 <u>SENIOR CITIZEN'S LUNCH</u> Breaded Pork Loin w/Gravy Lyonnaise Mashed Potatoes Romano Vegetables Whole Wheat Roll Peach Pie! 903
22 Veal Parmesan w/Tomato Sauce & Mozzarella French Green Beans Cauliflower Italian Bread Marble Pudding 785	23 Marinated Boneless Chicken Breast Ranch Mashed Potatoes Orange-Glazed Carrots Whole Wheat Roll Peach & Pear Cup 787	24 Shredded Pork in Gravy Oven Browned Potatoes Mashed Squash Fresh Rye Bread Fruited Gelatin 757	25 <u>ENTRÉE SALAD</u> Tuna Pasta Fresh Mixed Greens Classique Salad Dressing Shredded Carrots Cherry Tomatoes Fresh Cantaloupe 728	26 Breaded Fish w/Tartar Sauce Broccoli/Cheese/Rice Casserole Tender Peas-Apple Juice Chocolate Chip Cookies 949
29 Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Fruit Delight Cookie 672	30 Meatballs w/Penne Pasta, Tomato Sauce & Mozzarella California Mix Vegetable Grape Juice Fresh Apple 774	31 Breaded Boneless Chicken Breast w/Gravy Mashed Potatoes Diced Beets Whole Wheat Roll Chocolate-Frosted Yellow Cake 710	1 Ham Steak w/ Pineapple Sauce Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fresh Watermelon 549	2 <u>LABOR DAY LUNCH!</u> Hamburger w/Onion Gravy Soft Roll Potato Salad Fiesta Corn Apple Pie! 1009