

# Erie County Stay Fit Dining Program

STANDARD MENU

**SEPTEMBER 2016**

Mon	Tue	Wed	Thu	Fri
			<b>1</b> Ham Steak w/ Pineapple Sauce Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fresh Watermelon 549	<b>2</b> <u>LABOR DAY LUNCH!</u> Hamburger w/Onion Gravy Soft Roll Potato Salad Fiesta Corn Apple Pie! 1009
<b>5</b> <u>LABOR DAY HOLIDAY!</u>  <u>NO</u> <u>MEALS</u> <u>SERVED</u>	<b>6</b> Knockwurst w/Sauerkraut Home Fries Seasoned Spinach Hot Dog Bun Pineapple Tidbits 761	<b>7</b> Sliced Turkey w/Gravy Whole Sweet Potatoes Scalloped Apples & Cranberries Dinner Roll Oatmeal Raisin Cookies 854	<b>8</b> Breaded Pork Loin w/Gravy Fresh Scalloped Potatoes Carrot Coins Whole Wheat Roll Fruited Gelatin 807	<b>9</b> Spanish Rice Casserole Chopped Broccoli Grape Juice Cornbread Peach Bavarian 706
<b>12</b> Chicken Vegetable Stew Mashed Potatoes Buttermilk Biscuit Chocolate Pudding 678	<b>13</b> Beef Pepper Casserole White Rice Peas & Carrots Chef Salad w/Dressing Fruit Cocktail 710	<b>14</b> <u>ENTRÉE SALAD</u> Boneless Chicken Breast Bow Tie Pasta & Vegetable Salad Apple Juice Fresh Orange 710	<b>15</b> Sliced Turkey & Gravy Soft Roll Cauliflower Spinach Frosted Brownie 828	<b>16</b> Homemade Stuffed Pepper Savory Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Gelatin 824
<b>19</b> Swedish Meatballs Cavatappi Pasta Brussels Sprouts Carrot Coins Fruit Delight Cookie 769	<b>20</b> Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 825	<b>21</b> Breaded Chicken Cutlet w/Gravy Whole Sweet Potatoes Mixed Vegetable Dinner Roll Tropical Fruit 625	<b>22</b> <u>FIRST DAY OF FALL!</u> Sliced Roast Beef w/Gravy Mashed Potatoes Stewed Tomatoes Fresh Rye Bread Spice Cake w/Cream Cheese Frosting 715	<b>23</b> Vegetable Quiche w/White Cheese Sauce Seasoned Red Potatoes Oat Bran Muffin Square Fresh Cantaloupe 873
<b>26</b> Lasagna Roll w/Meat Sauce Cauliflower Marinated Bean Salad Italian Bread Diced Peaches 737	<b>27</b> Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Fruited Gelatin 603	<b>28</b> Ham Steak w/Mustard Sauce Scalloped Potatoes California Mix Vegetables Whole Wheat Roll Fresh Apple 661	<b>29</b> Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Dinner Roll Sugar Cookies 694	<b>30</b> Meatloaf w/Gravy Mashed Potatoes Tender Peas Fresh Rye Bread Strawberry Bavarian 661