

r reservations or
cancel, please call
652-7934

Erie County Stay Fit Dining Program

STANDARD MENU

OCTOBER 2016



Mon.	Tue.	Wed.	Thu.	Fri.
3 Hot Dog w/Sauerkraut & Mustard Hot Dog Bun Seasoned Red Potatoes Mixed Vegetables Tropical Fruit Cup 697	4 Roast Turkey w/Gravy Cranberry Sauce Mashed Sweet Potatoes Green Beans w/Red Pepper Whole Wheat Roll Fruited Gelatin 670	5 Beef & Rice Patty w/ Cabbage & Savory Sauce Mashed Potatoes Breakaway Roll Chocolate Pudding 791	6 Breaded Boneless Chicken Breast w/Gravy Oven Browned Potatoes Carrot Coins Whole Wheat Bread Mandarin Oranges 690	7 Breaded Fish Patty w/Tartar Sauce Creamy Mac & Cheese Tender Peas-Coleslaw Orange-Pineapple Velvet 770
10 Columbus DAY NO MEALS SERVED	11 Sweet & Sour Chicken & White Rice Italian Green Beans Mixed Vegetable Sauté Apple Cranberry Crisp 722	12 Seasoned Meatballs, Penne Pasta, Tomato Sauce & Mozzarella Cheese Spinach Chef Salad w/Dressing Fruited Gelatin 942	13 Boneless Chicken Breast w/Gravy Mashed Sweet Potatoes Cauliflower-Dinner Roll Rice Pudding w/Cinnamon & Raisins 684	14 Sliced Roast Beef w/Gravy Dinner Roll Mashed Potatoes Harvard Beets Chocolate Chip Cookies 805
17 Roast Turkey w/Stuffing & Gravy Seasoned Hubbard Squash Tender Peas Rice Krispy Square 652	18 German Style Meatballs Cavatappi Pasta California Mixed Vegetables Grape Juice Strawberry Bavarian 769	19 Chicken Breast Cacciatore Mashed Potatoes Brussels Sprouts Italian Bread Frosted Chocolate Cake 774	20 Homemade Stuffed Pepper w/Savory Tomato Sauce Mashed Potatoes Wax Beans w/Mushrooms Fruited Gelatin 806	21 Baked Fish w/Creole Sauce Home Fries Au Gratin Spinach Whole Wheat Bread Tropical Fruit Cup 661
24 Sloppy Joe Sandwich Whole Wheat Roll Carrot Coins Italian Bean Medley Pineapple Tidbits 728	25 <u>Grilled Chicken Salad</u> Grilled Chicken Breast Fresh Mixed Salad Greens Classique Dressing Cherry Tomatoes & Carrots Fruited Gelatin 791	26 Maple-Glazed Ham Steak Lazy Pierogi Sweet Potatoes & Apples Fresh Rye Bread Sugar Cookies 820	27 Boneless Chicken Breast w/Gravy Seasoned Red Potatoes Creamy Dill Cabbage Frosted Chocolate Brownie 741	28 Breaded Boneless Pork Chop w/Gravy Mashed Lyonnaise Potatoes Romano Mixed Vegetables Whole Wheat Roll Citrus Fruited Gelatin 759
31 <u>Halloween Lunch!</u> Breaded Veal Patty w/Tomato Sauce & Mozzarella Cheese Carrot Coins-Cauliflower Fresh Italian Bread Special Spooky Donut! 1001	1 Boneless Chicken Breast w/Gravy Roasted O'Brian Potatoes Seasoned Hubbard Squash Whole Wheat Roll Peach & Pear Cup 683	2 Sliced Roast Beef w/Gravy Whole Wheat Roll Ranch Mashed Potatoes Green Beans Fruited Gelatin 676	3 <u>Chicken Bowtie Salad</u> Grilled Chicken Breast Marinated Bowtie Pasta w/Mixed Vegetables Apple Juice Blueberry Muffin Square Fresh Fruit 817	4 Breaded Fish Patty w/Tartar Sauce Broccoli-Rice Casserole Tender Peas Orange Juice Chocolate Chip Cookies 959