

Erie County Stay Fit Dining Program

STANDARD MENU

MARCH 2017

Mon	Tue	Wed	Thu	Fri
27 BBQ Pork Ribette Chive Mashed Potatoes Sweet Corn Slider Roll Fresh Fruit 721	28 MARDI GRAS LUNCH! Chicken & Sausage Gumbo Over White Rice Italian Green Beans Chef Salad w/Dressing Fat Tuesday Donut! 849	1 ASH WEDNESDAY Cheese Omelet w/Cheese Sauce Home Fries Tender Peas Blueberry Muffin Square Apple-Cranberry Crisp 1025	2 Chicken Caesar Salad Breaded Chicken Breast Cherry Tomatoes, Carrot, Parmesan Cheese Fresh Mixed Greens w/Dressing Dinner Roll Fruited Gelatin 928	3 Breaded Fish Patty w/Tartar Sauce Creamy Macaroni & Cheese Carrot Coins Coleslaw Carnival Cookies 1121
6 Breaded Chicken Breast w/Cacciatore Sauce Mashed Squash Green Beans Rice Krispie Square 689	7 German Style Meatballs over Cavatappi Pasta California Mixed Vegetables Chef Salad w/Dressing Orange Pineapple Velvet 834	8 Roast Turkey w/Gravy Bread Stuffing Whipped Potatoes Peas & Carrots Spice Cake w/Cream Cheese Frosting 825	9 Homemade Stuffed Pepper w/Savory Sauce Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Gelatin 802	10 Entrée Salad Tuna Macaroni Salad Fresh Mixed Greens Salad Dressing Pickled Beets Whole Wheat Bread Tropical Fruit Cup 890
13 Chicken & Sausage Jambalaya Chopped Broccoli Fiesta Corn Lorna Doone Cookies 648	14 Sloppy Joe Sandwich Whole Wheat Roll Carrot Coins Italian Bean Medley Pumpkin Bavarian 791	15 Maple Glazed Ham Steak Tender Peas Mashed Squash Fresh Rye Bread Sugar Cookies 766	16 ST. PAT'S LUNCH! Sliced Roast Beef w/Gravy Rye Bread w/Horseradish Sour Cream & Chive Mashed Potatoes Green Beans Green Salad w/Dressing Leprechaun Sherbet 801	17 Vegetable Quiche w/White Cheese Sauce Scalloped Apples & Cranberries Oat Bran Muffin Square Fresh Fruit 1012
20 Baked Veal Patty Parmesan w/Penne Pasta, Tomato Sauce & Mozzarella Tender Peas Cauliflower Oatmeal Raisin Cookies 930	21 Boneless Chicken Breast w/Gravy Oven Browned Potatoes w/Peppers & Onion Mashed Squash Peach & Pear Cup 683	22 Homemade Meatloaf w/Gravy Diced Creamed Potatoes Carrot Coins Dinner Roll Fruited Gelatin 879	23 Breaded Boneless Pork Loin w/Gravy Mashed Sweet Potatoes Green Beans w/Pepper Chocolate Pudding 843	24 Creamy Macaroni & Cheese Diced Beets Chopped Broccoli Blueberry Muffin Square Fresh Fruit 906
27 SOUP & SANDWICH BBQ Pulled Pork Soft Roll Potato-Cheddar Soup Mixed Vegetables Fresh Fruit 832	28 Julienne Salad Entree Fresh Turkey, Ham, Swiss Cheese & Egg Mixed Greens w/Dressing Cherry Tomatoes & Carrot Unsalted Crackers Fruited Gelatin 793	29 Breaded Boneless Chicken Breast w/Gravy Whole Sweet Potatoes Harvard Beets Whole Wheat Roll Tropical Fruit Cup 725	30 Hamburger w/Onion Gravy Soft Roll Mashed Potatoes Fiesta Corn Rice Pudding w/Raisins 761	31 Breaded Fish Patty w/Tartar Sauce Broccoli, Cheese & Rice Peas & Carrots Shredded Coleslaw Cookies 1038