



Erie County Stay Fit Dining Program

STANDARD MENU

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Boneless Chicken Breast with Gravy Cheesy Mashed Potatoes Peas Dinner Roll Butterscotch Pudding	2 Breaded Veal Patty over Pasta with Tomato Sauce and Mozzarella Cheese Apple Juice Seasoned Spinach Sugar Cookies	3 ENTRÉE SALAD  Julienne Salad Wheat Bread Fruited Gelatin	4 Sahlen's Hot Dog on a Bun with Chili Sauce Macaroni & Cheese California Blend Vegetables Pineapple Tidbits	5 Baked Fish with Lemon Dill Sauce Rice Pilaf Carrots Grape Juice Peach & Pear Cup
8 Swedish Meatballs over Pasta Brussels Sprouts Corn Chocolate Pudding	9 Oktoberfest Polish Sausage with Sauerkraut & Mustard German Potato Salad Carrots Dinner Roll Blackforest Cake 	10 Chef Side Salad Lasagna Roll with Meaty Tomato Sauce Cauliflower Chef Salad with Dressing Italian Bread Oatmeal Raisin Cookies	11 Sliced Turkey with Stuffing & Gravy Mashed Potatoes with Sour Cream & Chives Peas Pumpkin Bavarian 	12 Steakhouse Burger with Gravy on a Bun AuGratin Potatoes California Blend Veggies Fresh Orange Chocolate Milk
15 Beef Pepper Casserole over White Rice Green Beans with Red Pepper Carrots Fruit Delight Cookie	16 Chef Side Salad Stuffed Shells with Marinara Sauce & Mozzarella Cauliflower Chef Salad with Dressing Italian Bread Fruit Cocktail	17 Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Brussels Sprouts Dinner Roll Fresh Banana	18 Sliced Roast Beef with Gravy Garlic Mashed Potatoes Mixed Vegetables Hamburger Bun Sugar Cookies	19 Ham & Cheese Strata with White Cheese Sauce Scalloped Apples with Cranberries Broccoli Wheat Roll Ambrosia
22 Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches	23 Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears	24 ENTRÉE SALAD  Tuna Macaroni Salad with Tomatoes on a Bed of Lettuce Wheat Bread Chocolate Brownie with Vanilla Frosting	25 Sliced Roast Pork with Mushroom Gravy Rice Pilaf Harvard Beets Wheat Roll Fresh Orange Chocolate Milk 	26 Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Fruited Gelatin
29 Hamburger with Gravy on a Wheat Bun Mashed Potatoes Broccoli Fresh Apple	30 Chef Side Salad Chili con Carne with Shredded Cheddar Cheese Carrots Chef Salad with Dressing Cornbread Pineapple Tidbits	31 Halloween Lunch Breaded Boneless Pork Chop with Gravy Seasoned Mashed Squash Green Beans with Red Pepper Wheat Dinner Roll Fancy Apple Pie		