



# Erie County Stay Fit Dining Program

## STANDARD MENU

### August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches (754)	<b>31</b> Sliced Roast Pork with Mushroom Gravy Rice Pilaf Harvard Beets Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (716) 	<b>1 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Wheat Bread Frosted Brownie (993) 	<b>2</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Gelatin with Fruit Cocktail (805)	<b>3</b> Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears (683)
<b>6</b> Hamburger on a Bun with Gravy Mashed Potatoes Broccoli Seasonal Fresh Fruit (699)	<b>7</b> Boneless Chicken Breast with Gravy Seasoned Mashed Squash Green Beans with Red Pepper Oatmeal Raisin Cookies (722)	<b>8</b> Chili Con Carne with Cheddar Cheese Carrots Apple Juice Cornbread Pineapple Tidbits (768)	<b>9</b> Sweet and Sour Chicken over Rice Seasoned Spinach Wax Beans Diced Peaches (602)	<b>10</b> Beef & Rice Patty with Savory Sauce Mashed Potatoes Cabbage Wheat Dinner Roll Tapioca Pudding (784)
<b>13</b> Pork Ribette with BBQ Sauce on a Bun Mashed Potatoes with Chives Zucchini & Summer Squash Seasonal Fresh Fruit <i>Chocolate Milk</i> (721) 	<b>14</b> Beef Stew Mashed Potatoes Biscuit Tropical Fruit Cup (670)	<b>15 ENTRÉE SALAD</b> Cranberry Chicken Salad on a Bed of Lettuce with Tomatoes & Classique Dressing Rye Bread Peach Bavarian (940) 	<b>16</b> Meatloaf with Gravy Au Gratin Potatoes Seasoned Spinach Wheat Dinner Roll Orange Gelatin with Pineapple (715)	<b>17</b> Baked Fish with Lemon Dill Sauce Macaroni & Cheese Carrots Coleslaw Peach & Pear Cup (761)
<b>20</b> Meatballs with Onion Gravy over Cavatappi Pasta California Blend Vegetable Grape Juice Oatmeal Raisin Cookies (884)	<b>21 Senior Citizens Day</b> Chicken Cordon Bleu with Herbed Cream Sauce Rice Pilaf Orange-glazed Carrots Peas with Red Pepper Lemon Meringue Pie (781) 	<b>22</b> Turkey with Stuffing & Gravy Mashed Potatoes Green Beans Spice Cake with Cream Cheese Frosting (806)	<b>23</b> Cheese Omelet with Cheese Sauce Home Fries Seasoned Spinach Wheat Bread Seasonal Fresh Fruit (771)	<b>24</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Peas & Carrots Wheat Dinner Roll Gelatin with Pears (784)
<b>27</b> Creamy Turkey Pasta Wax Beans Broccoli Lorna Doones (636)	<b>28</b> Sloppy Joe on a Wheat Bun Fiesta Corn Cauliflower Fresh Apple <i>Chocolate Milk</i> (808) 	<b>29</b> Ham Steak with Pineapple Sauce Brussels Sprouts Seasoned Mashed Squash Rye Bread Frosted Brownie (733)	<b>30</b> Roast Beef with Gravy Sour Cream & Chive Mashed Potatoes Green Beans Wheat Dinner Roll Peach Bavarian (712)	<b>31 Labor Day Meal</b> Steakhouse Burger with Gravy on a Bun Macaroni & Cheese Seasoned Spinach Watermelon (988) 