

# Erie County Stay Fit Dining Program Menu



2024



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <b>2 No Meals Served</b><br>  | <b>3</b><br>Chicken Breast with Red Pepper Cream Sauce<br>Mashed Potatoes<br>Carrots<br>Wheat Dinner Roll<br>Fresh Orange (644)                                    | <b>4</b><br>Cheese Ravioli with Tomato Meat Sauce & Mozzarella<br>Peas<br>Grape Juice<br>Chef Salad with Dressing<br>Italian Bread<br>Lemon Ice (897)  | <b>5</b><br>Turkey with Stuffing, Gravy & Cranberry Sauce<br>Sweet Potatoes<br>Green Beans<br>Cinnamon Applesauce<br><i>Chocolate Milk</i> (610) | <b>6</b><br>Hamburger with Swiss Gravy on a Bun<br>Scalloped Potatoes<br>Mixed Vegetables<br>Mandarin Oranges (811)   |
| <b>9</b><br>Beef Stroganoff over Pasta<br>Broccoli Florets<br>Carrots<br>Sugar Cookies (655)                                  | <b>10</b><br>Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun<br>Seasoned Potatoes<br>Au Gratin Spinach<br>Fresh Orange<br><i>Chocolate Milk</i> (670) | <b>11</b><br>Turkey a la King<br>Warm Biscuit<br>Green Beans<br>Normandy Mixed<br>Chocolate Brownie (605)  | <b>12</b><br>Breaded Boneless Pork Chop with Gravy<br>Ranch Mashed Potatoes<br>Peas with Pearl Onions<br>Dinner Roll<br>Chocolate Pudding (696)  | <b>13</b><br>Beer Battered Fish with Tartar Sauce<br>Broccoli Cheese Rice Casserole<br>Carrots<br>Fruit Punch<br>Sherbet (730)  |
| <b>16</b><br>Chili con Carne with Shredded Cheddar<br>Carrots<br>Apple Juice<br>Corn Muffin<br>Oatmeal Round (892)            | <b>17</b><br>Breaded Chicken Patty with BBQ Sauce on a Bun<br>Mashed Potatoes<br>California Blend Vegetables<br>Fresh Banana (865)                                 | <b>18 Soup &amp; Salad</b><br>Broccoli Cheddar Soup<br>Chef Salad with Garbanzo Beans & Dressing<br>Green Beans<br>Dinner Roll<br>Mandarin Oranges<br><i>Chocolate Milk</i> (748)  | <b>19</b><br>Bratwurst with Sauerkraut & Mustard on a Bun<br>German Potato Salad<br>Au Gratin Spinach<br>Pineapple Tidbits (800)                 | <b>20 Welcome Fall!</b><br>Breaded Bone-in Pork Chop with Gravy<br>Butternut Squash<br>Broccoli Florets<br>Chef Salad with Dressing<br>Wheat Dinner Roll<br>Cherry Pie with Whipped Topping (904) |
| <b>23</b><br>Lemon Herb Chicken Breast<br>Scalloped Potatoes<br>California Mixed Vegetables<br>Rye Bread<br>Fudge Round (733) | <b>24</b><br>Lasagna Roll with Tomato Meat Sauce & Mozzarella<br>Cauliflower<br>Fruit Punch<br>Chef Salad with Dressing<br>Diner Roll<br>Strawberry Gelatin (800)  | <b>25 Entrée Salad</b><br>Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing<br>Dinner Roll<br>Tropical Fruit (870)   | <b>26</b><br>Beef Pepper Steak Casserole over Rice<br>Peas & Carrots<br>Green Beans<br>Fresh Orange<br><i>Chocolate Milk</i> (626)               | <b>27</b><br>Cheese Omelet with Cheese Sauce<br>Potatoes O'Brien<br>Brussels Sprouts<br>Wheat Bread<br>Lorna Doones (752)   |
| <b>30</b><br>Sweet & Sour Meatballs over Pasta<br>Cauliflower<br>Green Beans<br>Oatmeal Cookies (810)                         | <b>1</b><br>Breaded Chicken with Buffalo-style Sauce on a Bun<br>Tater Tots<br>Broccoli Florets<br>Fresh Banana<br><i>Chocolate Milk</i> (824)                     | <b>2 50<sup>th</sup> Anniversary Luncheon</b><br>Chicken Cordon Bleu with Creamy Herb Gravy<br>Vegetable Rice Pilaf<br>California Blend Vegetables<br>Chef Salad with Dressing<br>Dinner Roll<br>Apple Pie with Whipped Topping (1077) | <b>3</b><br>Beef Stew<br>Mashed Potatoes<br>Brussels Sprouts<br>Warm Biscuit<br>Butterscotch Pudding (788)                                       | <b>4</b><br>Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun<br>Seasoned Potatoes<br>Au Gratin Spinach<br>Chocolate Brownie (683)   |

For reservations call 716 652-7934