



Erie County Stay Fit Dining Program Menu



JULY 2024



TO MAKE RESERVATIONS, PLEASE CALL 716-652-7934

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Fruit Punch Chocolate Chip Cookies (795)	2 Breaded Chicken with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <i>Chocolate Milk</i> (932)	4th July Meal Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Grape Juice Chef Salad with Dressing Ice Cream Sandwich (992)	4 No Meals Served 	5 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding with Whipped Topping (801)
8 Breaded Chicken with Herb Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Chocolate Pudding (791)	9 Swedish Meatballs Harvard Beets Peas Fresh Orange <i>Chocolate Milk</i> (688)	9 Entrée Salad Cranberry Chicken Salad on a Bed of Salad Greens with Dressing Club Crackers Lorna Doones (649)	11 Ancho Chicken with Peppers, Onions, Salsa & Cheddar Spanish Rice Fiesta Corn Apple Juice Chef Salad with Dressing Fresh Banana (806)	12 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetables Rye Bread Applesauce (649)
15 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Sugar Cookies (887)	16 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Fruit Cocktail (614)	17 Chicken Breast with Marsala Sauce Scalloped Potatoes Green Beans Chef Salad with Dressing Multigrain Bread Mandarin Oranges <i>Chocolate Milk</i> (702)	18 Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Lemon Ice (847)	19 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Chocolate Pudding (709)
22 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Broccoli Florets Raisin Bread Brownie (680)	23 Pasta with Italian Sausage, Tomato Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Diced Peaches (721)	24 Breaded Chicken Breast with Gravy Mashed Potatoes Au Gratin Spinach Wheat Diner Roll Fresh Banana <i>Chocolate Milk</i> (881)	25 Christmas in July Roast Beef with Gravy Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Rye Bread Cheesecake with Chocolate Sauce (1052)	26 Entrée Salad Mandarin Orange, Sunflower & Chicken Salad with Dressing Multigrain Bread Sugar Cookies (748)
29 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Fresh Orange (730)	30 Beef Bourguignon Mashed Butternut Squash Peas Wheat Dinner Roll Tropical Fruit <i>Chocolate Milk</i> (642)	31 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Corn Dinner Roll Oatmeal Cookies (902)	1 Ham Steak with Pineapple Sauce Au Gratin Potatoes Broccoli Florets Rye Bread Butterscotch Pudding (553)	2 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Chef Salad with Dressing Wheat Dinner Roll Fudge Round Cookie (764)