

# Erie County Stay Fit Dining Program

## STANDARD MENU

### October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Chocolate Milk!!</b> Breaded Chicken Breast w/ Cacciatore Sauce Slice Carrots Green Peas Penne Pasta w/ Cacciatore Sauce Rice Krispie Squares 779	<b>3</b> Sliced Turkey w/ Gravy Mashed Potato Green Beans w/ Red Pepper Stuffing Lemon Cake w/ Vanilla Frosting 748	<b>4</b> Meatballs w/ German Sauce California Blend Veg. Cavatappi w/ German Sauce Oatmeal Raisin Cookies Grape Juice 884	<b>5</b> Cheese Omelet w/ Cheese Sauce Home Fries Seasoned Spinach Blueberry Muffin Square Fresh Orange 783	<b>6 Entrée Salad</b> Chx Salad w/ Cranberries Romaine Blend and Lettuce w/ Classique Dressing Cherry Tomatoes/Carrots Dinner Roll Cherry Gelatin w/ Pineapple 695
<b>9 Columbus Day</b> Creamy Turkey Pasta Wax Bean Broccoli Penne Pasta Lorna Doones Is your site open? 651	<b>10</b> Sliced Ham Steak w/ Pineapple Sauce Oven Browned Potatoes/ Red Pepper and Onion Seasoned Mashed Squash Carnival Cookies 827	<b>11 Oktoberfest</b> Knockwurst w/ Sauerkraut Harvard Beets Egg Noodles in Cream Sauce Apple Juice Peach Kuchen 856	<b>12 Soup/Sandwich</b> Egg Salad on a Wheat Roll Chicken Noodle Soup Green Peas Pineapple Tidbits 663	<b>13</b> Chicken Leg Quarter w/ BBQ Sauce Mashed Potato Carrots Dinner Roll Fresh Banana 740
<b>16</b> Pork Stew w/ Vegetables Mashed Potatoes Biscuit Tropical Fruit Cup 686	<b>17 Side Salad</b> Veal Parmesan w/ Tomato Sauce&Mozz.Cheese Cauliflower Chef Salad w/ Dressing Penne Pasta Lemon Vanilla Pudding 929	<b>18</b> <i><b>Breaded Chicken                      Drumsticks</b></i> Scalloped Potatoes Broccoli Rye Bread Spice Cake w/ Cream Cheese Frosting 923	<b>19 New Item</b> Sliced Ham Cassoulet Seasoned Spinach White Bean Cassoulet Brown Rice Fresh Orange 637	<b>20</b> Meatloaf w/ Gravy Mashed Potatoes Sliced Carrots Wheat Dinner Roll Pumpkin Bavarian 708
<b>23</b> Polish Sausage w/ Mustard AuGratin Potatoes Bavarian Red Cabbage Hot Dog Roll Apple Crisp 817	<b>24</b> Turkey Tetrizzini Broccoli Corn Penne Pasta Lorna Doones 613	<b>25</b> Salisbury Steak w/ Gravy Lima Bean Bake Carrots Wheat Bread Mandarin Oranges 724	<b>26</b> Baked Chicken Thigh Savory Mashed Squash Green Peas / Bread Dressing and Rice Pudding w/ Cinn. & Raisins 778	<b>27</b> Vegetable Quiche w/ Cheese Sauce Home Fries Wheat Dinner Roll Cherry Gelatin w/ Pears 965
<b>30</b> Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits 757	<b>31 Halloween</b> Sliced Roast Beef w/ Gravy Mashed Sweet Potatoes w/ Apples & Raisins Green Beans Dinner Roll, Apple Cider Chocolate Frosted Donut 1024	<b>1</b> Macaroni, Cheese & Chicken Casserole Broccoli Pineapple Juice Rye Bread Peach and Pear Cup 908	<b>2 Side Salad</b> Breaded Chicken Breast w/ Scallopini Sauce Chef Salad w/ Classique Dressing Slice Carrots Wheat Dinner Roll Fresh Orange 757	<b>3</b> Hamburger w/ Mushroom Gravy Oven Browned Potatoes w/ Red and Green Peppers/Onions Stewed Tomatoes Hamburger Roll Strawberry Gelatin w/ Fruit Cocktail 837