

# Erie County Stay Fit Dining Program

## STANDARD MENU

**SEPTEMBER 2017**

Mon	Tue	Wed	Thu	Fri
<b>28</b> Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Sweet Corn Chocolate Pudding 785	<b>29</b> Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Dinner Roll Tropical Fruit Cup 813	<b>30</b> Baked Lasagna Roll w/ Meat Sauce & Mozzarella Spinach & Mushrooms Cauliflower Whole Wheat Roll Strawberry Bavarian 814	<b>31</b> Sliced Turkey Breast w/ Gravy & Stuffing Chive Mashed Potatoes Carrot Coins Frosted Lemon Cake 797	<b>1 Labor Day Meal</b> Steakhouse Burger & Bun Homestyle Baked Beans Creamy Macaroni & Cheese Marinated Veggie Salad Delicious Cherry Pie 1310
<b>4 Labor Day</b>  <p style="text-align: center;"><b><u>NO MEALS SERVED</u></b></p>	<b>5</b> (2) Stuffed shells w/ Tomato Meat Sauce Cauliflower Seasoned Spinach Italian Bread Pineapple Tidbits 795	<b>6</b> Breaded Chicken Cutlet w/ Gravy Mashed Sweet Potatoes Mixed Veggies Dinner Roll Fresh Banana 805	<b>7</b> Hamburger w/ Onion Gravy Soft Roll Mashed Potatoes Stewed Tomatoes Sugar Cookies 936	<b>8 Julienne Entrée Salad</b> Sliced Ham, Turkey, Swiss Cheese & Egg Fresh Mixed Greens Cherry Tomatoes & Carrots Wheat Dinner Roll Ambrosia 861
<b>11</b> Beef Macaroni Casserole Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches 767	<b>12</b> Breaded Boneless Chicken Breast w/ Gravy Mashed Squash Brussels Sprouts Dinner Roll Apple Oatmeal Bar 750	<b>13</b> Breaded Veal Patty w/ Gravy Creamy Mashed Potatoes California Blend Veggies Whole Wheat Bread Frosted Brownie 967	<b>14</b> Sliced Roast Pork w/ Mushroom Gravy Mashed Sweet Potatoes Harvard Beets Wheat Dinner Roll Fresh Apple 813	<b>15</b> Homemade Stuffed Pepper w/ Savory Tomato Sauce Mashed Potatoes Chef Salad w/ Dressing Italian Bread Fruited Gelatin 941
<b>18</b> Turkey Burger w/ Gravy Mashed Sweet Potatoes Broccoli Whole Wheat Roll Pineapple Tidbits 823	<b>19</b> Knockwurst w/ Sauerkraut Hot Dog Bun Mashed Potatoes Green Beans w/ Red Pepper Chocolate Pudding 746	<b>20 Welcome Fall</b> Egg Salad Sandwich Wheat Bread Minestrone soup Carrot Coins Baked Apple Crisp 752	<b>21</b> Sweet & Sour Chicken Over White Rice Seasoned Spinach Wax Beans Oatmeal Raisin Cookies 777	<b>22</b> Beef & Rice Patty over Cabbage w/ Savory Sauce Mashed Potatoes Breakaway Dinner Roll Peaches 729
<b>25</b> BBQ Pork Ribbette Mashed Potatoes w/ Chives Tender Peas Hot Dog Bun Butterscotch Pudding 791	<b>26</b> Beef Macaroni Casserole Cheddar Cheese Italian Green Beans Sweet Corn Fresh Orange 778	<b>27 Side Salad</b> Breaded Boneless Chicken Breast w/ Jardiniere Gravy Rice Pilaf Chef Salad w/ Dressing Carrot Coins Tropical Fruit Cup 779	<b>28</b> Homestyle Meatloaf w/ Gravy Mashed Potatoes Spinach Rye Bread Frosted Spice Cake 852	<b>29</b> Breaded Fish Patty w/ Tartar Sauce Macaroni & Cheese Broccoli Grape Juice Strawberry Oatmeal Bar 924