

Erie County Stay Fit Dining Program Menu



2024



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