



Erie County Stay Fit Dining Program

October 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 Sweet & Sour Meatballs over Pasta Cauliflower Green Beans Oatmeal Cookies (810)	1 Breaded Chicken with Buffalo-style Sauce on a Bun Tater Tots Broccoli Florets Fresh Banana <i>Chocolate Milk</i> (824)	2 50th Anniversary Luncheon 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)	3 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding (788)	4 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Chocolate Brownie (683)
7 Chicken Breast with Polynesian Sauce White Rice Carrots Fruit Punch Chocolate Chip Cookies (674)	8 Oktoberfest Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Éclair (925)	9 Beef Barley Soup with Crackers Corn Green Beans Mandarin Oranges <i>Chocolate Milk</i> (621)	10 Breaded Chicken with Tomato Sauce & Mozzarella over Pasta Peas Grape Juice Butterscotch Pudding (876)	11 Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Fudge Round (838)
14 Turkey in Gravy Mashed Sweet Potatoes Green Beans Corn Muffin Brownie (669)	15 Swedish Meatballs over Pasta Harvard Beets Peas Fresh Orange <i>Chocolate Milk</i> (688)	16 Vegetable Lasagna with Cream Sauce Broccoli Florets Chef Salad with Dressing Wheat Dinner Roll Vanilla Pudding (789)	17 Ancho Chicken with Peppers, Onions, Salsa & Shredded Cheddar Spanish Rice Fiesta Corn Apple Juice Chef Salad with Dressing Tropical Fruit (758)	18 Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetables Rye Bread Applesauce (649)
21 Stuffed Shells with Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Sugar Cookies (884)	22 Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Fruit Cocktail <i>Chocolate Milk</i> (609)	23 Entrée Salad Grilled Chicken Caesar Salad on Fresh Salad Greens with Caesar Dressing Multigrain Bread Mandarin Oranges (797)	24 Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Lemon Ice (847)	25 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Chocolate Pudding (681)
28 Cheese Omelet with Peppers, Onions & Tomatoes Tater Tots Au Gratin Spinach Raisin Bread Pineapple Tidbits (689)	29 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Grape Juice Dinner Roll Peaches <i>Chocolate Milk</i> (755)	30 Turkey a la King with White Rice Green Beans Orange Pineapple Juice Strawberry Gelatin (612)	31 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Peas Chef Salad with Dressing Dinner Roll Banana Cream Pie (1140)	1 Hungarian Goulash over Rotini Pasta Carrots Broccoli Florets Vanilla Ice Cream (648)