

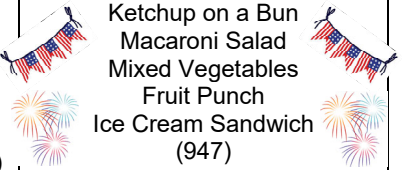





















Erie County Stay Fit Dining Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Turkey a la King Mashed Sweet Potatoes Green Beans Biscuit Chocolate Pudding (681)</p> 	<p>30</p> <p>Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Italian Bread Fresh Banana Chocolate Milk (760)</p> 	<p>1</p> <p>Chicken Breast with Polynesian Sauce Rice Pilaf with Mixed Vegetables Broccoli Florets Orange Juice Chocolate Chip Cookies (671)</p>	<p>2 Independence Day Lunch</p> <p>Hot Dog with Baked Beans & Ketchup on a Bun Macaroni Salad Mixed Vegetables Fruit Punch Ice Cream Sandwich (947)</p> 	<p>3 No Meals</p> <p style="text-align: center;">HAPPY INDEPENDENCE DAY</p>  <p style="text-align: center;">Served</p>
<p>6 NO MEALS</p> 	<p>7</p> <p>Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana Chocolate Milk (858)</p> 	<p>8</p> <p>Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (846)</p> 	<p>9</p> <p>Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Mandarin Oranges (571)</p> 	<p>10</p> <p>Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (643)</p> 
<p>13</p> <p>Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)</p> 	<p>14</p> <p>Swedish Meatballs over Pasta Green Peas Harvard Beets Pineapple Tidbits (659)</p> 	<p>15</p> <p>Chicken Quarter with BBQ Sauce Mashed Potatoes Corn Dinner Roll Fruit Cocktail (803)</p>	<p>16</p> <p>Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Dinner Roll Seasonal Fruit Chocolate Milk (620)</p>  	<p>17</p> <p>Beer Battered Fish with Tartar Sauce Cheesy Broccoli & Rice Country Mixed Vegetables Coleslaw Wheat Dinner Roll Mandarin Oranges (732)</p>
<p>20</p> <p>Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Tropical Fruit (776)</p> 	<p>21</p> <p>Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Mandarin Oranges (579)</p> 	<p>22</p> <p>Hearty Pork Stew Mashed Potatoes Carrots Wheat Bread Butterscotch Pudding (665)</p> 	<p>23 Entrée Salad</p> <p>Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing Multigrain Bread Fresh Banana Chocolate Milk (986)</p>  	<p>24 Christmas in July</p> <p>Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Rye Bread Cheesecake with Chocolate Sauce (1008)</p>  
<p>27</p> <p>Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)</p> 	<p>28 Entrée Salad</p> <p>Beef Taco Salad with Cheddar Cheese, Taco Sauce & Tortilla Strips on a Bed of Fresh Salad Greens Pineapple Tidbits Chocolate Milk (626)</p> 	<p>29</p> <p>Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Apple (784)</p> 	<p>30</p> <p>Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750)</p> 	<p>31</p> <p>Steakhouse Burger with Gravy on a Bun Macaroni Salad Lima Bean Bake Apple Juice Tropical Fruit (905)</p>

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**If you have a food allergy, please notify us.*