



# Erie County Stay Fit Dining Program Standard Menu September 2021

To sign up for or cancel a meal-call 633-5138

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Rotini Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail <b>Chocolate Milk (776)</b>	<b>31</b> Buffalo Style Breaded Chicken Breast on a Bun Fiesta Corn Broccoli Tapioca Pudding with Diced Peaches (736)	<b>1</b> Roast Turkey with Stuffing & Gravy Mashed Potatoes Peas <b>Molded Cranberry Salad</b> Fresh Grapes (726)	<b>2 Labor Day Meal</b> Breaded Chicken Drumsticks Corn-on-the-Cob California Blend Vegetables Dinner Roll <b>Macaroni Salad</b> Orange Creamsicle (967)	<b>3</b> <b>Picnic in the Park</b>
<b>6 No Meals Served</b>  	<b>7</b> Ham Steak with Maple Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Lorna Doones (733)	<b>8</b> Baked Salmon with Pineapple Salsa Vegetable Rice Pilaf Broccoli Cornbread Ice Cream Sandwich (801)	<b>9</b> Chicken Parmesan with Pasta & Tomato Sauce Wax Beans <b>Chef Salad with Dressing</b> Tropical Fruit <b>Chocolate Milk (693)</b>	<b>10 Entrée Salad</b> Julienne Salad with Classique Dressing Wheat Dinner Roll Fruited Gelatin (630)
<b>13</b> Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (672)	<b>14</b> Vegetable Lasagna with Cream Sauce <b>Chef Salad with Dressing</b> Cauliflower Dinner Roll Frosted Marble Cake (892)	<b>15</b> Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll <b>Marinated Cucumber Salad</b> Peach Crisp (681)	<b>16</b> Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)	<b>17</b> Chili con Carne Carrots Fruit Punch <b>Chef Salad with Dressing</b> Cornbread Fresh Pear <b>Chocolate Milk (1017)</b>
<b>20</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Glazed Lemon Cake (950)	<b>21</b> Beef Stew with a Biscuit Brussels Sprouts <b>Marinated Beet &amp; Onion Salad</b> Strawberry Bavarian (667)	<b>22 Welcome Fall</b> Roasted Turkey with Stuffing & Gravy Mashed Potatoes Peas & Carrots <b>Molded Cranberry Salad</b> Apple Pie with Whipped Topping (938)	<b>23</b> Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread <b>Chef Salad with Dressing</b> Fruit Compote (852)	<b>24 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Classique Dressing Club Crackers Mandarin Oranges <b>Chocolate Milk (725)</b>
<b>27</b> Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Squash with Peppers Italian Bread Fresh Grapes <b>Chocolate Milk (797)</b>	<b>28 Entrée Salad</b> Chicken Caesar Salad with Caesar Dressing Wheat Dinner Roll Sugar Cookies (966)	<b>29</b> Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)	<b>30</b> Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Harvard Beets Mandarin Oranges (726)	<b>1</b> Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Muffin Tropical Fruit (634)