





Erie County Stay Fit Dining Program
STANDARD
MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf w/Gravy Au Gratin Potatoes Seasoned Spinach Rye Bread Strawberry Bavarian (845)	2 Breaded Fish w/ Tartar Sauce Broccoli Grape Juice Mac-n-Cheese Fig Bar (944)
5 Breaded Chicken Breast w/ Cacciatore Sc over Penne Pasta Seasoned Mashed Squash Peas Rice Krispy Square (771)	6 Meatballs in German Sauce over Cavatappi California Blend Vegetables Grape Juice Oatmeal Raisin Cookie(884)	7	8 Salisbury Steak w/Gravy Lima Bean Bake Carrots Wheat Bread Fruited Gelatin (768)	9 Lenten Meal Cheese Omelet w/ Cheese Sauce Home Fries Seasoned Spinach Blueberry Muffin Square Orange (783)
12 Creamy Turkey Pasta over Penne Wax Beans Broccoli Cinnamon Crumb Cake (726)	13 Everyone's Favorite Soup and Sandwich  Sloppy Joe on a Bun Hot Corn Chowder Peas Pineapple Tidbits (903)	14	15 St. Patrick's Day Sliced Hot Ham Sandwich w/ Mustard  Carrots and Cabbage Parslied Boiled Potatoes Lime Sherbet (635)	16 Lenten Meal Broccoli, Cauliflower & Cheese Strata w/White Cheese Sauce Scalloped Apples & Cranberries Sliced Carrots Wheat Dinner Roll Ambrosia (977)
19 Pork Stew Mashed Potatoes Biscuit Tropical Fruit Cup (686)	20 Welcome Spring Entrée Salad Chicken Salad w/Cranberries on a  Bed of Greens w/ Crackers Apple Juice Banana (958)	21	22 Sliced Roast Beef with Gravy Sour Cream and Chive Mashed Potatoes Sliced Carrots Hamburger Bun Peaches (673)	23 Side Salad-Lenten Meal Baked Fish w/ Lemon Dill Sc over Brown Rice Pilaf Coleslaw Green Beans Frosted Lemon Cake (691)
26 Polish Sausage on a Bun w/ Mustard AuGratin Potatoes Bavarian Red Cabbage Apple Crisp (817)	27 Turkey Tetrizzini Broccoli Corn Carnival Cookies (716)	28 Easter Meal Chicken Cordon Bleu w/ Herbed Cream Sc. on Rice Pilaf Salad Orange Glazed Carrots Coconut Cream Pie (1167) 	29 Sliced Roast Beef w/Mushroom Gravy Mashed Sweet Potato Peas Wheat Dinner Roll Apple (800)	30 No Meals Served 