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Erie County Stay Fit Dining Program

STANDARD MENU

October 2017 592-2741

Monday	Tuesday	Thursday	Friday
<p>2 Chocolate Milk!! Breaded Chicken Breast w/ Cacciatore Sauce Slice Carrots Green Peas Penne Pasta w/ Cacciatore Sauce Rice Krispie Squares 779</p>	<p>3 Sliced Turkey w/ Gravy Mashed Potato Green Beans w/ Red Pepper Stuffing Lemon Cake w/ Vanilla Frosting 748</p>	<p>5 Cheese Omelet w/ Cheese Sauce Home Fries Seasoned Spinach Blueberry Muffin Square Fresh Orange 783</p>	<p>6 Entrée Salad Chx Salad w/ Cranberries Romaine Blend and Lettuce w/ Classique Dressing Cherry Tomatoes/Carrots Dinner Roll Cherry Gelatin w/ Pineapple 695</p>
<p>9 Columbus Day Creamy Turkey Pasta Wax Bean Broccoli Penne Pasta Lorna Doones Is your site open? 651</p>	<p>10 Sliced Ham Steak w/ Pineapple Sauce Oven Browned Potatoes/ Red Pepper and Onion Seasoned Mashed Squash Carnival Cookies 827</p>	<p>12 Soup/Sandwich Egg Salad on a Wheat Roll Chicken Noodle Soup Green Peas Pineapple Tidbits 663</p>	<p>13 Chicken Leg Quarter w/ BBQ Sauce Mashed Potato Carrots Dinner Roll Fresh Banana 740</p>
<p>16 Pork Stew w/ Vegetables Mashed Potatoes Biscuit Tropical Fruit Cup 686</p>	<p>17 Side Salad Veal Parmesan w/ Tomato Sauce&Mozz.Cheese Cauliflower Chef Salad w/ Dressing Penne Pasta Lemon Vanilla Pudding 929</p>	<p>19 New Item Sliced Ham Cassoulet Seasoned Spinach White Bean Cassoulet Brown Rice Fresh Orange 637</p>	<p>20 Meatloaf w/ Gravy Mashed Potatoes Sliced Carrots Wheat Dinner Roll Pumpkin Bavarian 708</p>
<p>23 Polish Sausage w/ Mustard AuGratin Potatoes Bavarian Red Cabbage Hot Dog Roll Apple Crisp 817</p>	<p>24 Turkey Tetrazzini Broccoli Corn Penne Pasta Lorna Doones 613</p>	<p>26 Baked Chicken Thigh Savory Mashed Squash Green Peas / Bread Dressing and Rice Pudding w/ Cinn. & Raisins 778</p>	<p>27 Vegetable Quiche w/ Cheese Sauce Home Fries Wheat Dinner Roll Cherry Gelatin w/ Pears 965</p>
<p>30 Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits 757</p>	<p>31 Halloween Sliced Roast Beef w/ Gravy Mashed Sweet Potatoes w/ Apples & Raisins Green Beans Dinner Roll, Apple Cider Chocolate Frosted Donut 1024</p>	<p>2 Side Salad Breaded Chicken Breast w/ Scallopini Sauce Chef Salad w/ Classique Dressing Slice Carrots Wheat Dinner Roll Fresh Orange 757</p>	<p>3 Hamburger w/ Mushroom Gravy Oven Browned Potatoes w/ Red and Green Peppers/Onions Stewed Tomatoes Hamburger Roll Strawberry Gelatin w/ Fruit Cocktail 837</p>