



Erie County Stay Fit Dining Program  
**STANDARD MENU**  
 October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Boneless Chicken Breast with Gravy Cheesy Mashed Potatoes Peas Dinner Roll Butterscotch Pudding	<b>2</b> Breaded Veal Patty over Pasta with Tomato Sauce and Mozzarella Cheese Apple Juice Seasoned Spinach Sugar Cookies	<b>3 ENTRÉE SALAD</b>  Julienne Salad Wheat Bread Fruited Gelatin	<b>4</b> Sahlen's Hot Dog on a Bun with Chili Sauce Macaroni & Cheese California Blend Vegetables Pineapple Tidbits	<b>5</b> Baked Fish with Lemon Dill Sauce Rice Pilaf Carrots Grape Juice Peach & Pear Cup
<b>8</b> Swedish Meatballs over Pasta Brussels Sprouts Corn Chocolate Pudding	<b>9 Oktoberfest</b> Polish Sausage with Sauerkraut & Mustard German Potato Salad Carrots Dinner Roll Blackforest Cake	<b>10 Chef Side Salad</b> Lasagna Roll with Meaty Tomato Sauce Cauliflower Chef Salad with Dressing Italian Bread Oatmeal Raisin Cookies	<b>11</b> Sliced Turkey with Stuffing & Gravy Mashed Potatoes with Sour Cream & Chives Peas Pumpkin Bavarian	<b>12</b> Steakhouse Burger with Gravy on a Bun AuGratin Potatoes California Blend Veggies Fresh Orange <i>Chocolate Milk</i>
<b>15</b> Beef Pepper Casserole over White Rice Green Beans with Red Pepper Carrots Fruit Delight Cookie	<b>16 Chef Side Salad</b> Stuffed Shells with Marinara Sauce & Mozzarella Cauliflower Chef Salad with Dressing Italian Bread Fruit Cocktail	<b>17</b> Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Brussels Sprouts Dinner Roll Fresh Banana	<b>18</b> Sliced Roast Beef with Gravy Garlic Mashed Potatoes Mixed Vegetables Hamburger Bun Sugar Cookies	<b>19</b> Ham & Cheese Strata with White Cheese Sauce Scalloped Apples with Cranberries Broccoli Wheat Roll Ambrosia
<b>22</b> Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches	<b>23</b> Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears	<b>24 ENTRÉE SALAD</b> Tuna Macaroni Salad with Tomatoes on a Bed of Lettuce Wheat Bread Chocolate Brownie with Vanilla Frosting	<b>25</b> Sliced Roast Pork with Mushroom Gravy Rice Pilaf Harvard Beets Wheat Roll Fresh Orange <i>Chocolate Milk</i>	<b>26</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Fruited Gelatin
<b>29</b> Hamburger with Gravy on a Wheat Bun Mashed Potatoes Broccoli Fresh Apple	<b>30 Chef Side Salad</b> Chili con Carne with Shredded Cheddar Cheese Carrots Chef Salad with Dressing Cornbread Pineapple Tidbits	<b>31 Halloween Lunch</b> Breaded Boneless Pork Chop with Gravy Seasoned Mashed Squash Green Beans with Red Pepper Wheat Dinner Roll Apple Pie		