









Erie County Stay Fit Dining Program

STANDARD MENU

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day No Meals Served 	4 Veal Parmesan with Tomato Sauce over Pasta Cauliflower Italian Green Beans Diced Pears (730)		6 ENTRÉE SALAD Julienne Salad Dinner Roll Frosted Yellow Cake  (1011)	7 Meatloaf with Gravy Mashed Potatoes Carrots Wheat Roll Strawberry Bavarian (892)
10 Lasagna Roll with Tomato Meat Sauce Green Beans Cauliflower Diced Peaches (716)	11 ENTRÉE SALAD Grilled Chicken Caesar Salad with Caesar Dressing Rye Bread Cookies  (1014)		13 Baked Chicken Thigh Mashed Sweet Potatoes Peas Dinner Roll Seasonal Fresh Fruit  Chocolate Milk (706)	14 Vegetable Quiche with Cheese Sauce Home Fries Wheat Roll Cherry Gelatin with Pineapple (966)
17 Beef Macaroni with Shredded Cheddar Carrots Cauliflower Dinner Roll Pineapple Tidbits (743)	18 Breaded Chicken Breast Turkey with Stuffing & Gravy Mashed Potatoes Butternut Squash Green Beans with Red Pepper Wheat Roll Pears (681)	19 Welcome Fall  Harvard Beets Fresh Grapes Molded Cranberry Salad (705)	20 Breaded Boneless Pork Chop with Gravy Scalloped Potatoes Country Cottage Mixed Vegetables Wheat Bread Ambrosia (903)	21 Hamburger with Onion Gravy on a Bun Oven Browned Potatoes with Peppers & Onions Seasoned Spinach Gelatin with Fruit (851)
24 BBQ Pulled Pork on a Roll Au Gratin Potatoes Romano Vegetables Fresh Orange  Chocolate Milk (850)	25 Chef Side Salad Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Peas Chef Salad with Dressing Tropical Fruit Cup (903)		27 Meatloaf with Onion Gravy Mashed Potatoes Fiesta Corn Dinner Roll Orange-Pineapple Velvet (871)	28 ENTRÉE SALAD Tuna Macaroni Salad on a Bed of Lettuce with Tomatoes & Classique Dressing Crackers Frosted Brownie (976) 