

SPRING

Erie County Stay Fit Dining Program Menu

MARCH 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>27</p> <p>Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella Cauliflower Seasoned Spinach Tapioca Pudding (680)</p>	<p>28</p> <p>Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Broccoli Cheese Rice Casserole Green Beans Fruit Cocktail <i>Chocolate Milk</i> (841)</p>	<p>1</p> <p>Turkey with Stuffing & Gravy Mashed Sweet Potatoes Peas <i>Molded Cranberry Salad</i> Fresh Apple (772)</p>	<p>2</p> <p>Beef Stew Mashed Potatoes <i>Chef Salad with Dressing</i> Biscuit Chocolate Mousse (813)</p>	<p>3</p> <p><i>Entree Salad</i></p> <p>Tuna Macaroni Salad on a Bed of Salad Greens Whole Grain Crackers Frosted Spice Cake (807)</p>
<p>6</p> <p>Turkey a La King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (747)</p>	<p>7</p> <p>Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Lemon Cake with Frosting (781)</p>	<p>8</p> <p><i>Entree Salad</i> New Menu Item! Beef Taco Salad with Taco Beef, Corn & Black Bean Salsa, Shredded Cheddar & Crispy Tortillas Fresh Orange <i>Chocolate Milk</i> (826)</p>	<p>9</p> <p>Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit (745)</p>	<p>10</p> <p>Vegetable Lasagna with Cream Sauce Broccoli Florets Grape Juice Whole Wheat Dinner Roll Fruited Gelatin (756)</p>
<p>13</p> <p>Italian Sausage with Peppers, Onions, and Tomato Sauce on a Bun Roasted Potatoes Broccoli Frosted Cake (733)</p>	<p>14 <i>New Menu Item!</i></p> <p>Swedish Meatballs over Pasta Harvard Beets Cauliflower Pineapple <i>Chocolate Milk</i> (651)</p>	<p>15</p>	<p>16</p> <p>Sloppy Joe on a Whole Wheat Bun Tater Tots Corn <i>Chef Salad with Dressing</i> Fresh Banana (923)</p>	<p>17 St. Patrick's Day</p> <p>Corned Beef with Cabbage Buttered Potatoes Carrots Deli Rye Bread <i>Marinated Beet & Onion Salad</i> Vanilla Ice Cream with Minty Syrup (813)</p>
<p>20 Welcome Spring!</p> <p>Cheese Tortellini with Chicken & Primavera Sauce Carrots Grape Juice <i>Chef Salad with Dressing</i> Dinner Roll Lemon Meringue Pie (908)</p>	<p>21 4 O'CLOCK DINNER</p> <p>Parm Chicken Breast Garlic Potatoes Cauliflower Cole Slaw Ice Cream Sundies</p>	<p>22</p> <p>SPRING BREAK PIZZA</p>	<p>23</p> <p>Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas and Carrots Dinner Roll Gelatin (603)</p>	<p>24</p> <p>Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Whole Wheat Dinner Roll <i>Coleslaw</i> Mandarin Oranges (812)</p>
<p>27</p> <p>Cheese Ravioli with Tomato Meat Sauce & Shredded Mozzarella Peas Summer Squash Medley Italian Bread Peaches (780)</p>	<p>28 <i>Entree Salad</i></p> <p>Greek Chicken Salad with Greek Dressing Multigrain Bread Sugar Cookies (889)</p>	<p>29</p> <p>Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (805)</p>	<p>30</p> <p>Bratwurst with Mustard & Baked Beans on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges <i>Chocolate Milk</i> (772)</p>	<p>31</p> <p>Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Muffin Tropical Fruit (691)</p>