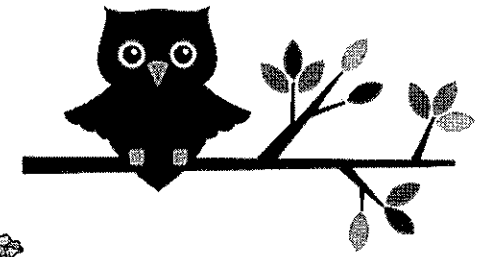
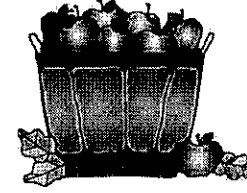
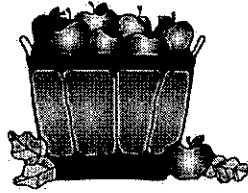



Erie County Stay Fit Dining Program

Standard Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31 Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701)	1 Buffalo-Style Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Nectarine (747)	2	Labor Day Meal Breaded Chicken Drumsticks Au Gratin Potatoes Normandy Mixed Vegetables Dinner Roll Apple Pie (930)	4 Roast Pork with Warm Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Spice Cake (700)
7 No Meals Served 	8 Ham Steak with Honey Mustard Sauce Scalloped Potatoes Brussels Sprouts Rye Bread Lime Sherbet (649)	9	10 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans Chef Salad with Dressing Tropical Fruit (615)	11 Steakhouse Burger with Gravy on a Whole Wheat Bun Potato Salad Lima Bean Bake Fruit Punch Fruited Gelatin (997)
14 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	15 Creamy Vegetable Lasagna Italian Green Beans Cauliflower Dinner Roll Frosted Cherry Cake (828)	16	17 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)	18 Chili con Carne Carrots Fruit Punch Cornbread Fresh Plum Chocolate Milk (853)
21 Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Frosted Lemon Cake (950)	22 Welcome Fall Chicken, Mandarin Orange & Sunflower Salad with Classique Dressing Whole Grain Crackers Pumpkin Bavarian (673)	23	24 Roast Turkey with Stuffing & Gravy Mashed Potatoes Peas & Carrots Oatmeal Raisin Cookies Molded Cranberry Salad (885)	25 Breaded Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges Coleslaw (924)
28 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches Chocolate Milk (813)	29 Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Marble Cake (811)	30	1 Bratwurst with Baked Beans & Mustard on a Bun Vegetable Pasta Salad Roasted Potatoes Mixed Vegetables Mandarin Oranges (805)	2 ENTIRE SALAD Stuffed Pepper with Meat Sauce Mashed Potatoes California Mixed Vegetables Dinner Roll Peach Bavarian (662)