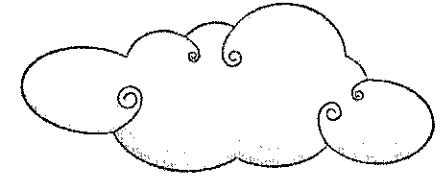
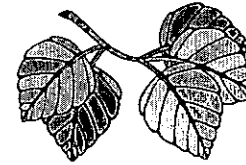



# Erie County Stay Fit Dining Program

## Standard Menu

### September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 No Meals Served	3 Breaded Chicken Breast with Buffalo-style Sauce on a Hamburger Bun Fiesta Corn Broccoli Fresh Plum <i>Chocolate Milk</i> (719)	4 <b>GRANDPARENTS DAY</b> Sliced Roast Turkey with Stuffing, Gravy and Cranberry Sauce Mashed Sweet Potatoes Peas Tapioca Pudding with Diced Peaches (713)	5 Beef Stew Mashed Potatoes Garlic Biscuit Chocolate Mousse (751)	6 Roast Pork with Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)
 9 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	10 <b>ENTRÉE SALAD</b> Julienne Salad with Iceberg & Romaine Lettuce Cherry Tomatoes & Carrots Rye Bread Frosted Lemon Cake (760)	11 592-2741	12 <b>Side Salad</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans <i>Chef Salad</i> Tropical Fruit (615)	13 Sliced Roast Beef with Fresh Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (694)
16 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	17 Chili Con Carne Carrots Fruit Punch Cornbread Fresh Apple <i>Chocolate Milk</i> (917)	18 592-2741	19 <b>ENTRÉE SALAD</b> Grilled Chicken Caesar Salad Dinner Roll Frosted Marble Cake (972)	20 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)
23 <b>Welcome Fall</b> Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas and Carrots Breakaway Roll Apple Pie with Whipped Topping (812)	24 Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)	25	26 Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Spinach with Mushrooms Lemon Cake with Lemon Glaze (951)	27 Beer Battered Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges (796)
30 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches <i>Chocolate Milk</i> (813)				