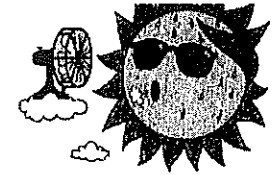




Erie County Stay Fit Dining Program Menu



August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Seasoned Spinach Raisin Bread Fruit Compote (604)	1 Chicken Breast with Marsala Sauce Mashed Potatoes Green Beans Dinner Roll Chocolate Chip Cookies (664)	2 Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Chocolate-swirl Ice Cream (855)	3 Breaded Pork Chop with Gravy Lazy Pierogi Peas Whole Wheat Dinner roll <i>Marinated Cucumber, Tomato & Onion Salad</i> Cinnamon Apple Crisp (807)	4 Teriyak-seasoned Beef Strips over White Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Plum <i>Chocolate Milk</i> (653)
7 Breaded Chicken Breast with Herbed Gravy Spanish Rice French Bean Medley Dinner Roll Fresh Watermelon (611)	8 Stuffed Shells with Tomato Meat sauce & Mozzarella Grape Juice Cauliflower Italian Bread <i>Chef Salad with Dressing</i> Shortbread Cookies (926)	9 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Bavarian (866)	Entree Salad Chicken Caesar Salad on a Bed of Fresh Salad Greens with Dressing Whole Wheat Dinner Roll Fresh Peach <i>Chocolate Milk</i> (836)	11 Roast Beef with Horseradish & Gravy on a Bun Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (772)
14 Beef Bourguignon Mashed Potatoes Harvard Beets Dinner Roll Oatmeal Raisin Cookies (825)	15 Ham Steak with Pineapple Sauce Sweet Potatoes Brussels Sprouts Biscuit Chocolate-covered Ice Cream Bar (679)	16 Entree Salad Greek Grilled Chicken Breast Salad with Greek Dressing & Feta Cheese Multigrain Bread Fresh Nectarine <i>Chocolate Milk</i> (798)	17 Turkey with Stuffing & Gravy <i>Molded Cranberry Salad</i> Mashed Butternut Squash Green Bean Casserole Fruit Compote (669)	18 Stuffed Pepper with Tomato Meat sauce Mashed Potatoes Broccoli Florets Dinner Roll Peach Bavarian (762)
21 Senior Citizens Day Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes California Blend Vegetables Whole Wheat Dinner Roll <i>Marinated Cucumber & Onion Salad</i> Chocolate Cream Pie (1035)	22 Sloppy Joe on a Wheat Roll Tater Tots Mixed Vegetables Tropical Fruit (789)	24 4 pm dinner Chicken cordon Blu Rice pilaf Orange glazed carrots Dinner roll salad cheesecake	25 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Carrots Dinner Roll <i>Coleslaw</i> Mandarin Oranges (730)	
28 Rotini with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Tapioca Pudding (802)	29 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Seasoned Spinach <i>Marinated Cucumber & Tomato Salad</i> Fresh Watermelon (692)	30 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce <i>Chocolate Milk</i> (679)	31 Entree Salad Beef Taco Salad with Shredded Cheddar, Corn & Black Bean Salsa on a Bed of Salad Greens with Tortilla Strips & Salsa Chocolate Mousse (703)	1 Day Breaded Chicken Drumsticks Corn-on-the-Cob Au Gratin Broccoli Whole Wheat Dinner Roll <i>Macaroni Salad</i> Strawberry Shortcake (1076)