
































# Erie County Stay Fit Dining Program Menu



## JULY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Defensive Driving Class See June Menu	<b>1</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Chef Salad with Dressing Dinner Roll Fresh Orange <i>Chocolate Milk</i> (826)  	<b>2 Entrée Salad</b> Tuna Macaroni Salad with Fresh Salad Greens Club Crackers Tropical Fruit (662) 	<b>3 Independence Day Lunch</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Fruit Punch Ice Cream Sandwich (911)  	<b>4 No Meals</b>  <b>Served</b>
<b>7</b> Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703) 	<b>8</b> Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <i>Chocolate Milk</i> (858) 	<b>9</b> Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (847) 	<b>10</b> Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)   	<b>11</b> No Lunch
<b>14</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796) 	<b>15</b> Swedish Meatballs over Pasta Green Peas Harvard Beets Pineapple Tidbits (696) 	<b>16 Red Cross – No Meals Served</b>  Give blood. Give life. ♥ 	<b>17</b> Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603) 	<b>18</b> Food Truck – No Meals Served  
<b>21</b> Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Mandarin Oranges (561)   	<b>22</b> Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Diced Pears (587) 	<b>23</b> Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644) 	<b>24 Entrée Salad</b> Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (966)  	<b>25</b> No Lunch
<b>28</b> Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 	<b>29 Entrée Salad</b> Beef Taco Salad with Cheddar Cheese, Salsa & Tortilla Strips Pineapple Tidbits <i>Chocolate Milk</i> (637)  	<b>30</b> No Lunch – Senior Picnic 	<b>31</b> Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750) 	<b>1</b> See August Menu No Lunch

\*If you have a food allergy, please notify us.