

For Reservations at United Church Manor

Call 668-5804

If turning in this sheet, please circle the days  
you would like a meal

Erie County Stay Fit Dining Program

STANDARD MENU

August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b> Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches (754)</p>	<p><b>31</b> Sliced Roast Pork with Mushroom Gravy Rice Pilaf Harvard Beets Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (716)</p> 	<p><b>1 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Wheat Bread Frosted Brownie (993)</p> 	<p><b>2</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Gelatin with Fruit Cocktail (805)</p>	<p><b>3</b> Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears (683)</p>
<p><b>6</b> Hamburger on a Bun with Gravy Mashed Potatoes Broccoli Seasonal Fresh Fruit (699)</p>	<p><b>7</b> Boneless Chicken Breast with Gravy Seasoned Mashed Squash Green Beans with Red Pepper Oatmeal Raisin Cookies (722)</p>	<p><b>8</b> Chili Con Carne with Cheddar Cheese Carrots Apple Juice Cornbread Pineapple Tidbits (768)</p>	<p><b>9</b> Meal Program Picnic <b>No Meals Served at the Manor</b></p>	<p><b>10</b> Beef &amp; Rice Patty with Savory Sauce Mashed Potatoes Cabbage Wheat Dinner Roll Tapioca Pudding (784)</p>
<p><b>13</b> Pork Ribette with BBQ Sauce on a Bun Mashed Potatoes with Chives Zucchini &amp; Summer Squash Seasonal Fresh Fruit <i>Chocolate Milk</i> (721)</p> 	<p><b>14</b> Beef Stew Mashed Potatoes Biscuit Tropical Fruit Cup (670)</p>	<p><b>15 ENTRÉE SALAD</b> Cranberry Chicken Salad on a Bed of Lettuce with Tomatoes &amp; Classique Dressing Rye Bread Peach Bavarian (940)</p> 	<p><b>16</b> Meatloaf with Gravy Au Gratin Potatoes Seasoned Spinach Wheat Dinner Roll Orange Gelatin with Pineapple (715)</p>	<p><b>17</b> Baked Fish with Lemon Dill Sauce Macaroni &amp; Cheese Carrots Coleslaw Peach &amp; Pear Cup (761)</p>
<p><b>20</b> Meatballs with Onion Gravy over Cavatappi Pasta California Blend Vegetable Grape Juice Oatmeal Raisin Cookies (884)</p>	<p><b>21 Senior Citizens Day</b> Chicken Cordon Bleu with Herbed Cream Sauce Rice Pilaf Orange-glazed Carrots Peas with Red Pepper Lemon Meringue Pie (781)</p> 	<p><b>22</b> Turkey with Stuffing &amp; Gravy Mashed Potatoes Green Beans Spice Cake with Cream Cheese Frosting (806)</p>	<p><b>23</b> Cheese Omelet with Cheese Sauce Home Fries Seasoned Spinach Wheat Bread Seasonal Fresh Fruit (771)</p>	<p><b>24</b> Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Peas &amp; Carrots Wheat Dinner Roll Gelatin with Pears (784)</p>
<p><b>27</b> Creamy Turkey Pasta Wax Beans Broccoli Lorna Doones (636)</p>	<p><b>28</b> Sloppy Joe on a Wheat Bun Fiesta Corn Cauliflower Fresh Apple <i>Chocolate Milk</i> (808)</p> 	<p><b>29</b> Ham Steak with Pineapple Sauce Brussels Sprouts Seasoned Mashed Squash Rye Bread Frosted Brownie (733)</p>	<p><b>30</b> Roast Beef with Gravy Sour Cream &amp; Chive Mashed Potatoes Green Beans Wheat Dinner Roll Peach Bavarian (712)</p>	<p><b>31 Labor Day Meal</b> Steakhouse Burger with Gravy on a Bun Macaroni &amp; Cheese Seasoned Spinach Watermelon (988)</p> 