

October 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chocolate Milk!! Breaded Chicken Breast w/ Cacciatore Sauce Slice Carrots Green Peas Penne Pasta w/ Cacciatore Sauce Rice Krispie Squares 779	3 Sliced Turkey w/ Gravy Mashed Potato Green Beans w/ Red Pepper Stuffing Lemon Cake w/ Vanilla Frosting 748	4 Meatballs w/ German Sauce California Blend Veg. Cavatappi w/ German Sauce Oatmeal Raisin Cookies Grape Juice 884	5 Cheese Omelet w/ Cheese Sauce Home Fries Seasoned Spinach Blueberry Muffin Square Fresh Orange 783	6 Entrée Salad Chx Salad w/ Cranberries Romaine Blend and Lettuce w/ Classique Dressing Cherry Tomatoes/Carrots Dinner Roll Cherry Gelatin w/ Pineapple 695
9 Columbus Day Creamy Turkey Pasta Wax Bean Broccoli Penne Pasta Lorna Doones 651	10 Sliced Ham Steak w/ Pineapple Sauce Oven Browned Potatoes/ Red Pepper and Onion Seasoned Mashed Squash Carnival Cookies 827	11 Oktoberfest Knockwurst w/ Sauerkraut Harvard Beets Egg Noodles in Cream Sauce Apple Juice Peach Kuchen 856	12 Soup/Sandwich Egg Salad on a Wheat Roll Chicken Noodle Soup Green Peas Pineapple Tidbits 663	13 Chicken Leg Quarter w/ BBQ Sauce Mashed Potato Carrots Dinner Roll Fresh Banana 740
16 Pork Stew w/ Vegetables Mashed Potatoes Biscuit Tropical Fruit Cup 686	17 Side Salad Veal Parmesan w/ Tomato Sauce&Mozz.Cheese Cauliflower Chef Salad w/ Dressing Penne Pasta Lemon Vanilla Pudding 929	18 <i>Breaded Chicken Drumsticks</i> Scalloped Potatoes Broccoli Rye Bread Spice Cake w/ Cream Cheese Frosting 923	19 New Item Sliced Ham Cassoulet Seasoned Spinach White Bean Cassoulet Brown Rice Fresh Orange 637	20 Meatloaf w/ Gravy Mashed Potatoes Sliced Carrots Wheat Dinner Roll Pumpkin Bavarian 708
23 Polish Sausage w/ Mustard AuGratin Potatoes Bavarian Red Cabbage Hot Dog Roll Apple Crisp 817	24 Turkey Tetrzzini Broccoli Corn Penne Pasta Lorna Doones 613	25 Salisbury Steak w/ Gravy Lima Bean Bake Carrots Wheat Bread Mandarin Oranges 724	26 Baked Chicken Thigh Savory Mashed Squash Green Peas / Bread Dressing and Rice Pudding w/ Cinn. & Raisins 778	27 Vegetable Quiche w/ Cheese Sauce Home Fries Wheat Dinner Roll Cherry Gelatin w/ Pears 965
30 Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits 757	31 Halloween Sliced Roast Beef w/ Gravy Mashed Sweet Potatoes w/ Apples & Raisins Green Beans Dinner Roll, Apple Cider Chocolate Frosted Donut 1024	1 Macaroni, Cheese & Chicken Casserole Broccoli Pineapple Juice Rye Bread Peach and Pear Cup 908	2 Side Salad Breaded Chicken Breast w/ Scallopini Sauce Chef Salad w/ Classique Dressing Slice Carrots Wheat Dinner Roll Fresh Orange 757	3 Hamburger w/ Mushroom Gravy Oven Browned Potatoes w/ Red and Green Peppers/Onions Stewed Tomatoes Hamburger Roll Strawberry Gelatin w/ Fruit Cocktail 837

Erie County Stay Fit Dining Program

STANDARD MENU

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