

For Reservations at United  
Church Manor Call 716-668-5804  
If turning in this sheet, please circle the  
days you would like a meal

# Erie County Stay Fit Dining Program Menu



## JULY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Turkey a la King Mashed Sweet Potatoes Green Beans Biscuit Chocolate Pudding (681)	<b>30</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Italian Bread Fresh Banana <i>Chocolate Milk</i> (760)	<b>1</b> Chicken Breast with Polynesian Sauce Rice Pilaf with Mixed Vegetables Broccoli Florets Orange Juice Chocolate Chip Cookies (671)	<b>2 Independence Day Lunch</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni Salad Mixed Vegetables Fruit Punch Ice Cream Sandwich (947)	<b>3 No Meals</b>  <b>Served</b>
<b>6</b> Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	<b>7</b> Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <i>Chocolate Milk</i> (858)	<b>8</b> Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (846)	<b>9</b> Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Mandarin Oranges (571)	<b>10</b> Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (643)
<b>13</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	<b>14</b> Swedish Meatballs over Pasta Green Peas Harvard Beets Pineapple Tidbits (659)	<b>15</b> Chicken Quarter with BBQ Sauce Mashed Potatoes Corn Dinner Roll Fruit Cocktail (803)	<b>16</b> Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Dinner Roll Seasonal Fruit <i>Chocolate Milk</i> (620)	<b>17</b> Beer Battered Fish with Tartar Sauce Cheesy Broccoli & Rice Country Mixed Vegetables Coleslaw Wheat Dinner Roll Mandarin Oranges (732)
<b>20</b> Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Tropical Fruit (776)	<b>21</b> Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Mandarin Oranges (579)	<b>22</b> Hearty Pork Stew Mashed Potatoes Carrots Wheat Bread Butterscotch Pudding (665)	<b>23 Entrée Salad</b> Garden Chicken Patty Salad with Shredded Cheddar, Croutons & Ranch Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (986)	<b>24 Christmas in July</b> Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Rye Bread Cheesecake with Chocolate Sauce (1008)
<b>27</b> Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	<b>28 Entrée Salad</b> Beef Taco Salad with Cheddar Cheese, Taco Sauce & Tortilla Strips on a Bed of Fresh Salad Greens Pineapple Tidbits <i>Chocolate Milk</i> (626)	<b>29</b> Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Apple (784)	<b>30 No Meals Served</b>	<b>31</b> Steakhouse Burger with Gravy on a Bun Macaroni Salad Lima Bean Bake Apple Juice Tropical Fruit (905)

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