



Erie County Stay Fit Dining Program

October 2026 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
28 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Dinner Roll Chocolate Brownie (755)	29 Grilled Chicken with Taco-Seasoned Peppers, Onions & Tomatoes & Cheddar Cheese Spanish Rice Fiesta Corn Orange Juice Strawberry Gelatin (609)	30 Soup & Salad Hearty Chicken Soup with Ditalini Noodles Peas Chef Salad with Dressing Tropical Fruit Chocolate Milk (634)	1 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Carrots Chef Salad with Dressing Italian Bread Fresh Orange (763)	2 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Pineapple Tidbits (749)
5 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	6 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Tater Tots Peas with Red Peppers Mandarin Oranges Chocolate Milk (805)	7 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Broccoli Florets Apple Pie with Whipped Topping (966)	8 Roasted Turkey with Gravy Mashed Butternut Squash Corn Molded Cranberry Salad Dinner Roll Fresh Banana (677)	9 Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (643)
12 Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	13 Breaded Chicken Cutlet with Herb Gravy Mashed Sweet Potatoes Corn with Red Peppers Dinner Roll Applesauce (718)	14 Swedish Meatballs over Pasta Tender Peas Diced Beets Chef Salad with Dressing Pineapple Tidbits (717)	15 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603)	16 Steakhouse Burger with Gravy on a Bun Tater Tots Lima Bean Bake Mandarin Oranges Chocolate Milk (842)
19 Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Lorna Doones (655)	20 Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Diced Pears (603)	21 Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (684)	22 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Multigrain Bread Fresh Banana Chocolate Milk (986)	23 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (904)
26 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	27 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Dinner Roll Fresh Apple (784)	28 Entrée Salad Beef Taco Salad with Taco Sauce & Tortilla Strips Pineapple Tidbits Chocolate Milk (626)	29 Lower Sodium Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Dinner Roll Chocolate Brownie (617)	30 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Green Beans with Red Peppers Dinner Roll Banana Cream Pie (1013)

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