



ERIE COUNTY

REQUEST FOR PROPOSAL (RFP) TO PROVIDE CONGREGATE DINING SERVICES UNDER THE ERIE COUNTY ELDERLY NUTRITION SERVICES (ECENS) PROGRAM

RFP # 2023-028VF
April 10, 2023

Commissioner Angela Marinucci
Erie County Department of Senior Services
EDWARD A. RATH COUNTY OFFICE BUILDING
95 FRANKLIN STREET
BUFFALO, NEW YORK 14202

GLOSSARY	
ACL	Administration on Community Living
COOP	Continuity of Operations Plan
CPU	Cost Per Unit
ECENS	Erie County Elderly Nutrition Services Program
HACCP	Hazardous Analysis Critical Control Points
HDM	Home Delivered Meals
LOCALLY PRODUCED FOOD	Food produced and/or processed at a facility located within A 50-mile radius of Buffalo.
MBE/WBE	Minority Business Enterprise/Women's Business Enterprise
NYSOFA	New York State Office for the Aging
OAA	Older Americans Act
PI	Program Issuance
RFP	Request for Proposals
WIN	Wellness in Nutrition
TAM	Technical Assistance Memorandum

COUNTY OF ERIE, NEW YORK

REQUEST FOR PROPOSALS

(“RFP”) RFP# 2023-028VF

TO PROVIDE CONGREGATE DINING SERVICES UNDER THE ERIE COUNTY ELDERLY NUTRITION SERVICES (ECENS) PROGRAM

I. INTRODUCTION

The County of Erie, New York (the County) is seeking Proposal Statements from qualified entities interested in providing Congregate Dining nutrition services under the Erie County Elderly Nutrition Services (ECENS) program. For the purpose of this RFP, Congregate Dining services will be separated into two distinct groups. Group A consists of Congregate meals that are provided as hot sit-down meals. Group B consists of Frozen Grab and Go meals. Interested parties can propose to serve either Group A **OR** B or **both** Groups A and B. In 2022, ECENS ordered 170,307 congregate meals which were served at 43 senior dining sites throughout the county. Of those congregate meals, 112,358 were delivered frozen to 27 dining sites. (See Table 4 and 5 in Appendix A) Proposers interested in providing Congregate Dining services, beginning January 1, 2024, to any or all of the ECENS dining sites in Group A, B, or both are invited to respond to this request. Additionally, interested parties may propose new locations at which they are willing to provide Congregate Dining services, not limited to existing sites listed in Table 4 of Appendix A.

Good nutrition is essential to maintaining independence for everyone as they age. In recognition of this fact, Title III of the Older Americans Act (OAA), along with New York State’s Office for the Aging, and Erie County, make a substantial investment in providing support for congregate meals, home-delivered meals, and other nutrition services for people aged 60 and older.

The purposes of the elderly nutrition program, as stipulated in Title III of the OAA, are to (1) reduce hunger and food insecurity, (2) promote socialization of older adults, and (3) promote the health and well-being of older adults by assisting them to access nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.¹ To meet these outcome objectives the County supports a variety of nutrition services including nutrition education, nutrition counseling, congregate meals, and home-delivered meals.² These services are part of a larger comprehensive service system that is designed to help older adults maintain both their health and their independence as they age. The goal of the Erie County program is to offer older adults of all ages and functional health levels appropriate nutrition services for their circumstances, along with a host of complementary services to help them sustain independence and overall wellness.

¹Congressional Research Service (2010) –Older Americans Act: Title III Nutrition Services Program.

² A description of each congregate nutrition service is provided in Table 1 (Appendix A).

Congregate Meals: Across the country, congregate meals help older adults remain healthy and live independently in the community by providing nutritionally balanced meals in a variety of community settings, such as senior centers, senior housing, community and faith-based facilities, and adult day facilities. A primary benefit of offering meals in these settings is providing participants the opportunity to form new friendships and interact in a social environment. Receiving congregate meals in any setting also gives participants the opportunity to access a wide variety of other helpful services including nutrition screening, education and counselling, and health promotion activities such as physical fitness, falls prevention classes, and chronic disease self-management classes. These other services promote well-being, decrease social isolation, and produce overall better health outcomes for the participants. In Erie County, congregate meals are provided through the Stay Fit Dining Program. With 43 sites throughout Erie County serving hot, sit-down (Group A) meals and 27 of these sites also offer Frozen Grab and Go (Group B) meals, the Stay Fit Dining Program strives to reach the goals of the OAA Title III Elderly Nutrition Services program that meet a variety of wellness needs while providing healthy food, decreasing social isolation, and helping to provide meaningful peer relationships.

Dinner Meals will also be available for dining site locations that wish to serve a meal later in the day in addition to the congregate lunch program. One hot meal entrée and one entrée salad option will be available each week from which sites can choose. Sites can order one or both of these meal options on as many days of each week as desired. Sites may order weekly or on an as needed basis. Site menu selections will be submitted 3 weeks prior to the date of meal service. Meal counts will be submitted with regular congregate and frozen meal counts on the Wednesday of the previous week of meal service. Meal count changes for Dinner Meals will be accepted up to 48 hours in advance of meal service. Erie County Nutrition staff will be responsible for creating the dinner menus. Dinner menus will meet the same requirements as the standard congregate meal menus. Dinner meals will be bulk delivery only.

Individuals aged 60 or older and their spouses of any age may participate in the congregate meals program.³ Participants are asked to register with the program and complete a nutrition risk assessment, but participation is not limited to older adults with high nutrition risk. The program is available to older adults of all health levels regardless of functional status.

Targeting: The ECENS program strives to provide service to all eligible older adults within Erie County, while meeting the targeting objectives set forth in the OAA for these services. OAA Title III requires programs to target or prioritize service to older individuals with *the greatest economic and social need*. The OAA defines such need as (1) living below the poverty threshold; (2) having physical or mental disabilities that pose risk for institutional placement; or (3) cultural, social, or geographic isolation, including isolation caused by language, race, or ethnic status.⁴

Details on the descriptive characteristics of clients can be found in Table 2 in Appendix A.

³Disabled individuals under the age of 60 are also eligible to receive ECENS congregate meals.

⁴ 42 U.S.C. § 3002(23) and (24). See also Government Accountability Office, *Older Americans Act: Options to Better Target Need and Improve Equity. Report to the Ranking Member, Special Committee on Aging, U.S. Senate.* GAO-13-74. (Washington, D.C.: November 2012).

Service Need: Erie County has a growing older adult population that looks considerably different today than when the OAA was first written. As of 2030 the projected population of adults aged 60 years or older living in Erie County is 313,772 compared to 249,266 in 2023. The City of Buffalo is becoming increasingly racially and ethnically diverse. Ethnic and racial minorities now constitute 20.1% of Erie County's older adult population, compared to just 5.4% in 1970.⁵ Erie County's older adult population requires a network of providers who can deliver service to its residents, wherever they may reside, in a manner which is culturally competent. Details on Older Adult Population by Town can be found in Table 3 in Appendix A.

The County seeks proposals that will meet the nutrition needs of this growing, and increasingly diverse and hard to reach population. To effectively provide service to eligible older adults within Erie County, in particular older individuals with the greatest economic and social need, Erie County seeks to contract with service providers that will allow us to provide Congregate Dining services throughout the County in the most comprehensive and cost-effective manner.

Local Intent:

The County intends to support local food production through the purchase of locally sourced products. The County of Erie also intends to support local health initiatives by increasing the amount of fresh fruits and vegetables served in the ECENS program. The County also seeks to provide services with the least amount of waste utilizing as many reusable and environmentally sustainable products as possible while properly maintaining minimum program standards.

It is the County's intent to select the Proposer(s) that provide(s) the best solution for the County's needs. The County may contract with one or more providers who can meet those needs and meet the proposed service area.

The County reserves the right to amend this RFP. The County reserves the right to reject any or all of the proposals, or any part thereof, submitted in response to this RFP, and reserves the right to waive formalities, if such action is deemed to be in the best interest of the County. The County reserves the right to request additional information from any proposer. The County reserves the right to award negotiated contracts to one or more proposers.

This RFP is not intended and shall not be construed to commit the County to pay any costs incurred in connection with any proposal or to procure or contract with any firm.

The County will only contract with firms that do not discriminate against employees or applicants for employment because of race, creed, color, national origin, sex, age, disability, marital status, sexual orientation, citizenship status or any other status protected by New York State and Federal laws.

⁵ ACS Demographic and Housing Estimates, American Community Survey, 2021, 1 Year Estimates, Table DP05

II. PROPOSAL PROCEDURES

A. ANTICIPATED SCHEDULE OF PROPOSAL

The following schedule is for informational purposes only. The County reserves the right to amend this schedule at any time.

Issue RFP: April 10, 2023

Pre-Proposal Web Conference Call: April 25, 2023

Erie County Elderly Nutrition Services Program – Congregate Meals Proposal

CONFERENCE CALL INFO: **1:00 pm EST**

Join from the meeting link

<https://erie.webex.com/erie/j.php?MTID=m24c30e032f031bacff2e5a291b5b12f8>

Join by meeting number

Meeting number (access code): 2486 786 8862

Meeting password: hyRdhVPe432

Tap to join from a mobile device (attendees only)

[+1716-858-2250](tel:+1716-858-2250).,[24867868862##](tel:+124867868862) United States Toll (Buffalo)

[+1-415-655-0003](tel:+1415-655-0003).,[24867868862##](tel:+124867868862) United States Toll

Join by phone

+1 716-858-2250 United States Toll (Buffalo)

+1-415-655-0003 United States Toll

[Global call-in numbers](#)

Join from a video system or application

Dial [24867868862@webex.com](tel:24867868862@webex.com)

You can also dial 173.243.2.68 and enter your meeting number.

Proposals Due: May 12, 2023

Selection Made: Approximately June 2, 2023

Contract Signed: Following all necessary County approvals.

Service Start Date: January 1, 2024

B. GENERAL REQUIREMENTS

1. Each proposal shall be prepared simply and economically, avoiding the use of elaborate promotional materials beyond what is sufficient to provide a complete, accurate and reliable presentation. Must clearly state if proposal includes servicing Group A, B, or both.
2. One (1) original and one (1) electronic copy shall be submitted. Proposals MUST be signed. Unsigned proposals will be rejected.
3. Cost Proposals on the “2024 Congregate RFP Price Proposal Excel Workbook” provided must be submitted separately from the proposal in a sealed envelope AND as an individual electronic document.
4. One (1) electronic copy must be submitted to: angela.marinucci@erie.gov and erin.mahoney@erie.gov.
5. Submission of the proposals shall be directed to:

Commissioner Angela Marinucci
Erie County Department of Senior Services
95 Franklin St. Buffalo, NY 14202

All proposals must be delivered to the above office on or before Friday May 12, 2023, by 4:00 p.m. EST. Proposals received after the above date and time will not be considered. The County is under no obligation to return proposals.

Requests for clarification of this RFP must be written and submitted to Commissioner Angela Marinucci at angela.marinucci@erie.gov and erin.mahoney@erie.gov. Questions may be submitted up until 4:00 p.m. EST on **Friday, April 28, 2023**. Formal written responses will be distributed by the county on a rolling basis, beginning on Thursday, April 27, 2023, and will be available at <http://www2.erie.gov/purchasing/index.php?q=requests-proposals-amp-construction-bids>

4. NO COMMUNICATIONS OF ANY KIND WILL BE BINDING AGAINST THE COUNTY, EXCEPT FOR THE FORMAL WRITTEN RESPONSES TO ANY REQUEST FOR CLARIFICATION.
5. Proposers may be required to give an oral presentation to the County to clarify or elaborate on the written proposal. Those proposers will be notified to arrange specific times.
6. No proposal will be accepted from nor any agreement awarded to any proposer that is in arrears upon any debt or in default of any obligation owed to the County. Additionally, no agreement will be awarded to any proposer that has failed to satisfactorily perform pursuant to any prior agreement with the County.
7. Certified Minority Business Enterprise/Women's Business Enterprise (MBE/WBE) proposers should include the Erie County certification letter with the proposal.
8. If proposer is a Veteran Owned Business, proposer should include a letter indicating company is 51% or more Veteran-owned.

9. By submitting this proposal, Proposer understands and agrees there must be compliance with federal, state and local laws in regard to privacy practices and safeguards. Therefore, proposals must include Proposer's privacy practices and procedures i.e., client confidentiality policy. Proposer's practices and procedures must thoroughly address possible breach situations.
10. The proposing agency, company or entity must be based in the United States.

All Proposers submitting proposals must include a cost proposal using the "2024 Congregate RFP Price Proposal Excel Workbook" in a separate sealed envelope clearly labeled with the proper name, due date of proposal, proposal name "REQUEST FOR PROPOSAL (RFP) TO PROVIDE CONGREGATE DINING SERVICES UNDER THE ERIE COUNTY ELDERLY NUTRITION SERVICES (ECENS) PROGRAM RFP# 2023-028VF" and Cost Proposal.

III. SCOPE OF PROFESSIONAL SERVICES REQUIRED

The County will accept proposals for **food preparation and delivery of prepared food to the congregate sites participating in the Stay-Fit Congregate Dining program**, using a menu created by Erie County Nutrition staff. Regular Congregate meals, Frozen Grab and Go meals, and Dinner meals will be based off this standard menu.

Proposals must include a detailed description of the area or location(s) to be served, the target population that will benefit, and a description of the added benefit such a targeted program would provide to the County. Proposals must state which type of congregate meal service(s) they will be providing. A Proposer may choose to only serve hot meals to any/some of 43 sites (Group A), or only to the 27 sites that distribute frozen meals (Group B), or to serve both hot and frozen meals (Group A and Group B) to sites in their proposed service area. If choosing to serve both Groups, the Proposal must meet the General Nutrition Program and Meal Requirements, as well as any individual requirements that are unique to each group.

Proposals must include a statement of the degree to which the Proposer(s) may be willing and able to extend its proposed service area in the event that there are no successful proposals for a particular location within Erie County.

Service Period: Services will begin on January 1, 2024. The Contract period will be January 1, 2024, to December 31, 2026. The Contract period may be extended by the County in its sole discretion for up to two additional one (1) year periods, for up to a total of five (5) years.

A. GENERAL NUTRITION PROGRAM REQUIREMENTS

The successful Proposer(s) shall comply with all applicable Federal, State, and Local laws, rules and regulations (Law), including but not limited to those promulgated by the United States Department of Health and Human Services Administration on Community Living (ACL), the New York State Office for the Aging (NYSOFA),⁶ the New York State Department of Health,⁷ and the Erie County Department of Health, in the performance of services, including but not limited to the procurement, storage, handling, preparation, cooking, heating, chilling, transportation and delivery of meals. Proposers shall have written policies and procedures concerning all aspects of the program.

B. GENERAL MEAL REQUIREMENTS

All proposers must demonstrate that they are capable of meeting the menu, meal and food preparation requirements described in Appendix B. These include requirements for the menu, quality of food, and ordering time frames. Both Group A and Group B will need to meet all general requirements and any requirements specific only to the Group(s) for which they are proposing to serve.

C. PROGRAM DESCRIPTION – STAY-FIT CONGREGATE DINING PROGRAM

Erie County is accepting proposals to provide for the preparation and delivery of weekday noontime meals to the congregate dining sites throughout Erie County operated under the Stay Fit Dining Program for the Elderly. The Stay Fit Congregate Dining Program consists of two food delivery types:

- (1) Bulk-meals are delivered cold or frozen in bulk pans to the location. The Congregate site staff reheats the food items on-site and serves the meal on a plate to the participants. Meals are generally delivered in the early morning on the day of service.
- (2) Tray-meals are delivered hot, ready-to-eat to the Congregate sites that do not have the staff or commercial kitchen equipment to serve Bulk-meals. Deliveries are made to the sites as close to serving time as possible.

Proposer will provide Ethnic meals to locations identified in Table 4 in Appendix A. (Refer to Appendix B for ethnic meal requirements). A list of Stay Fit congregate dining sites that operated in Erie County in 2022, along with number of meals purchased for each site and menu type, can be found in Table 4 and Table 5 in Appendix A.

Proposal must allow for delivery of Frozen Grab and Go meals once a week generally between 8:00am-10:00am to the participating Congregate sites, on either Mondays or Tuesdays. Exception will be made for holidays, in which frozen meals will be delivered on the next business day. Frozen Grab and Go meals will be packaged in a five-meal format which will consist of 5 different frozen meals and an unfrozen pack of 5 each of the following: ½ pint 1% milk, dinner roll, butter, and individually packaged desserts. All Frozen Grab and Go meals should be prepared by proposer no more than 2 weeks from the time of distribution and must be labeled identifying the contents and a “use by” date. (See “Frozen Meal Menu Sample” in Appendix B)

⁶ This includes NYSOFA-issued Technical Assistance Memorandums (TAMs) and Program Issuances (PIs).

⁷ This includes Hazardous Analysis Critical Control Points (“HACCP”) procedures.

Proposals must allow for delivery of Dinner Meals. This will be available for dining site locations that wish to serve a meal later in the day in addition to the Congregate lunch program. One hot meal entrée and one entrée salad option will be available each week from which sites can choose. Sites can order one or both meal options on as many days of each week as desired. Sites may order weekly or on an “as needed” basis. Site menu selections will be submitted 3 weeks prior to the date of meal service. Meal counts will be submitted with regular Congregate and Frozen Grab and Go meal counts on the Wednesday of the previous week of meal service. Meal count changes for Dinner Meals will be accepted up to 48 hours in advance of meal service. Erie County Nutrition staff will be responsible to create the Dinner menus. Dinner menus will meet the same requirements as the standard Congregate meal menus. Dinner Meals will be Bulk delivery only. (See “Dinner Menu Sample” in Appendix B)

All proposals must provide for the following:

1. Proposals must include (i) identification of established congregate dining sites to be served by the proposer; and (ii) a plan for preparation and delivery of meal types.
2. Emergency/Back-up Delivery: Proposals must include a Continuity of Operations Plan (COOP) that includes a back-up production method/site and a method of back-up delivery when the normal delivery system is disrupted or inoperable, subject to weather, disaster or other unforeseen circumstances beyond the control of the Proposal Agency.
3. Proposals must demonstrate responsibility for performance and compliance with the following:
 - a. **FOOD SERVICE REQUIREMENTS AND SPECIFICATIONS**
 - i. Proposals must demonstrate responsibility for the preparation and delivery of ready-to-eat meals packaged in bulk or tray as required by each Congregate site (refer to Table 4 in Appendix A).
 - ii. Congregate meals are not served on certain holidays. The normally observed holidays at the congregate sites are: New Year's Day, Martin Luther King, Jr. Day, President's Day, Good Friday, Memorial Day, Juneteenth, Independence Day, Labor Day, Veteran's Day, Thanksgiving, and Christmas.
 - iii. Proposals must include the location of meal preparation and service area in Erie County.
 - iv. Proposers will deliver meals to sites based on the number of meals ordered on scheduled service days. There shall be no minimum order.

- v. Meals are provided based on a menu(s) developed by the Erie County Senior Services Nutrition staff. All menus are provided by the County on a 13 week cycle. Cost proposals must be based on the attached sample menu(s). (See Appendix B for all Sample menus)
- vi. Proposals are required to include a plan to purchase at least 15% of the fresh fruits and vegetables served annually in the Congregate Dining program from local producers.
- vii. Proposals must allow for the County to provide the proposer with appropriate meal counts per congregate site on the Wednesday before the service week to ensure adequate time for product procurement. Proposers will allow site count changes for Congregate Dining up to 24 hours in advance of service. Dinner meals and Frozen Grab and Go meals will allow site count changes 48 hours in advance of service.

D. ORGANIZATIONAL CAPACITY AND EXPERIENCE

All proposals must include sufficient information to establish that the proposer(s) have the organizational capacity to provide consistent and reliable service to participants of the ECENS program and understand the requirements of operating a Congregate Meal program.

Proposals must include a description of the applicant organization and any partner organizations, including staff size, operating budget including major funding sources, structure and a general description of services/programs offered, and population(s) served, particularly in relation to the proposed project. Descriptions should include the following:

1. The mission of the organization.
2. The geographic areas the organization currently serves. Be as specific as possible using zip codes, counties, or other appropriate parameters.
3. A description of the organization's experience providing Congregate Dining Services.
4. A description of any congregate meal service that the organization provides including sources of funding (private pay, municipal funding, Medicaid reimbursement, and others).
5. Credentials and professional references of key personnel, including nutrition staff, pertaining to similar scope of work in the form of names, phone numbers and e-mail addresses.

E. ACCOUNTABILITY AND EVALUATION

It is the expectation that all successful proposers will have the ability, commitment and contractual obligation to rigorously evaluate their performance to ensure that all program criteria is met regarding food preparation and delivery.⁸ The successful proposer(s) must work in conjunction with the County to inspect and monitor the meal production and preparation, service and delivery to ensure that food safety, quality, portion control, logistics, as well as all documentation as it relates to food production is in compliance with this agreement.

1. Reporting Requirements:
 - a. The successful Proposer(s) must submit monthly invoices to the County reflecting the delivery of and count of meals. For the Congregate Meal program, the count of meals must be per site.
2. Outcome Measures: The ECENS program is committed to ensuring a high level of participant satisfaction with the quality and variety of the food that is served, and with other aspects of service that is provided. Successful proposer(s) will partner with the County on these efforts by:
 - a. Assisting in the distribution and collection of paper surveys.⁹
 - b. Meeting with the County on a bi-weekly basis to review and address issues related to the program.
 - c. Partnering with the County on quality improvement efforts to identify steps that can be implemented to address dissatisfaction and overall program performance.
3. NYS Department of Health/Erie County Department of Health:
 - a. All facility inspection reports will be shared with the Erie County Department of Senior Services.
 - b. All facility or staff inspection findings that lead to an immediate need for corrective action(s) must be reported to Erie County Senior Services immediately.

Successful applicants should expect site visits by the Erie County Department of Senior Services to review such efforts.

Proposals must include a description of any quality improvement processes that the Proposer(s) currently have in place for existing programs, including how client feedback is incorporated into quality improvement efforts.

⁸ Specific requirements are provided in Appendix B.

⁹ Stay Fit participants have access to comment cards that allow the program to assess satisfaction on an on-going basis.

F. PRICE PROPOSAL

Proposers must submit their price proposal using the 2023 Congregate RFP Excel Workbook included in the application materials of this RFP. The Excel Workbook can be downloaded by going to the County's Purchasing Department website (Additional Files):

<http://www2.erie.gov/purchasing/index.php?q=requests-proposals-amp-construction-bids>

- On the Congregate site tab of the Excel workbook, proposers should indicate which Congregate dining site(s) on which they are bidding to provide services
- On the Congregate Price Proposal tab of the Excel workbook, proposers should enter their proposed per meal price and if applicable, the total amount of any applicant match or other income they are willing to contribute to the program to help defray costs
- The Frozen Grab and Go meals tab of the Excel workbook should be completed by any proposer interested in providing such meals at the sites indicated on the first tab
- On the Frozen Price Proposal tab of the Excel workbook, proposers should enter their proposed per meal price and if applicable, the total amount of any applicant match or other income they are willing to contribute to the program to help defray costs
- The **New Dining Site** tab of the Excel workbook should be completed by any proposer desiring to provide any or both Congregate nutrition services to a new dining site, i.e., one that is not currently in the ECENS program

1. COLLECTION OF VOLUNTARY CONTRIBUTIONS

Each Congregate site is responsible for collecting voluntary contributions from seniors served a meal at the site. Proposer(s) for the provision of Congregate meals are not responsible for collecting Congregate program voluntary contributions. (An exception would be a Proposer who happens to operate a Congregate site.) Collected Congregate program voluntary contributions are remitted to the County which utilizes these funds in reimbursing meal providers.

2. EXCESS DEMAND FOR MEALS

Proposers shall have no liability for the delivery of meals beyond the funds budgeted for Meal Costs as set forth in the budget attached to a formally executed agreement if the demand for meals exceeds available funding. The County will implement wait-list protocols in the event of funding shortages or increased demand for meals.

3. FUNDRAISING

Providing nutrition services to the elderly has always been a community effort, not simply a County effort. Funds to support these services have been generously donated by private citizens, foundations, and municipalities within Erie County. It is more important than ever that we strengthen that community effort. There is an increasing recognition of the value of home and community-based services like home delivered and congregate meals. That recognition has led to an increasing level of demand for these services. At the same time, federal and state funds for these programs have remained relatively flat and may decline. Given that, maintaining, and strengthening the role of traditional partners in helping to address the nutrition needs of older adults in our community is essential.

Proposals should include a plan for accessing additional revenue, including but not limited to, special fundraising or appeals by the proposers, their related foundations, or other private or public supporters to contribute toward meal costs. We are particularly interested in proposals that would supplement ECENS funding with other sources of income (municipal support, grants, donations), so that ECENS funds can be used to serve as many vulnerable older adults as possible. Proposals that identify mechanisms for addressing excess demand for meals in the event that they arise, or providing meals to those who are on a waitlist for ECENS-funded meals, are also highly desired.

IV. HOW TO APPLY

Prospective Proposers can view **Request for Proposal (RFP) to Provide Congregate Dining Services Under the Erie County Elderly Nutrition Services (ECENS) Program - RFP #2023-028VF** and download the “2024 Congregate RFP Price Proposal Excel Workbook” for price proposals by visiting Erie County’s Purchasing Departments website:

<http://www2.erie.gov/purchasing/index.php?q=requests-proposals-amp-construction-bids>

Proposals should be of sufficient length to fully address the requirements of the RFP, to a maximum length of 25 pages. This does not include any supplemental materials. Price Proposals must be submitted separately from the RFP Proposal using the Excel Workbook for Price Proposals.

STATEMENT OF RIGHTS

UNDERSTANDINGS

Please take notice, by submission of a proposal in response to this request for proposals, the proposer agrees to and understands:

- that any proposal, attachments, additional information, etc. submitted pursuant to this Request for Proposals constitute merely a suggestion to negotiate with the County of Erie and is not a bid under Section 103 of the New York State General Municipal Law;
- submission of a proposal, attachments, and additional information shall not entitle the proposer to enter into an agreement with the County of Erie for the required services;

- by submitting a proposal, the proposer agrees and understands that the County of Erie is not obligated to respond to the proposal, nor is it legally bound in any manner whatsoever by submission of same;
- that any and all counter-proposals, negotiations or any communications received by a proposing entity, its officers, employees or agents from the County, its elected officials, officers, employees or agents, shall not be binding against the County of Erie, its elected officials, officers, employees or agents unless and until a formal written agreement for the services sought by this RFP is duly executed by both parties and approved by the Erie County Legislature, the Erie County Fiscal Stability Authority, and the Office of the Erie County Attorney.

In addition to the foregoing, by submitting a proposal, the proposer also understands and agrees that the County of Erie reserves the right, and may at its sole discretion exercise, the following rights, and options with respect to this Request for Proposals:

- To reject any or all proposals;
- To issue amendments to this RFP;
- To issue additional solicitations for proposals;
- To waive any irregularities in proposals received after notification to proposers affected;
- To select any proposal as the basis for negotiations of a contract, and to negotiate with one or more of the proposers for amendments or other modifications to their proposals;
- To conduct investigations with respect to the qualifications of each proposer;
- To exercise its discretion and apply its judgment with respect to any aspect of this RFP, the evaluation of proposals, and the negotiations and award of any contract;
- To enter into an agreement for only portions (or not to enter into an agreement for any) of the services contemplated by the proposals with one or more of the proposers;
- To select the proposal that best satisfies the interests of the County and not necessarily on the basis of price or any other single factor;
- To interview the proposer(s);
- To request or obtain additional information the County deems necessary to determine the ability of the proposer; and
- To modify dates.

All proposals prepared in response to this RFP are at the sole expense of the proposer, and with the express understanding that there will be no claim, whatsoever, for reimbursement from the County for the expenses of preparation. The County assumes no responsibility or liability of any kind for costs incurred in the preparation or submission of any proposal;

While this is a RFP and not a bid, the County reserves the right to apply the case law under General Municipal Law § 103 regarding bidder responsibility in determining whether a proposer is a responsible vendor for the purpose of this RFP process;

The County is not responsible for any internal or external delivery delays which may cause any proposal to arrive beyond the stated deadline. To be considered, proposals MUST arrive at the place specified herein and be time stamped prior to the deadline.

EVALUATION

The following criteria, not necessarily listed in order of importance, will be used to review the proposals. The County reserves the right to weigh its evaluation criteria in any manner it deems appropriate:

- Proposer's demonstrated capability to provide the services
- Evaluation of the professional qualifications and personal background of individuals involved in providing services
- Proposer's experience to perform the proposed service(s)
- Proposer's financial ability to provide the service(s) and plans to help alternately fund or defray costs of service provisions
- Evaluation of the Proposer's price proposal submitted in the Excel workbook provided. It should be noted that while price is not the only consideration, it is an important one
- The Proposer's Continuity of Operations Plan (COOP) and detailed policy and procedures for all aspects of the program including but not limited to quality improvement
- A determination that the proposer has submitted a complete and responsive proposal as required by this RFP
- An evaluation of the proposer's projected approach and plans to meet the requirements of this RFP, including policy and procedures for food safety requirements as set forth by the Erie County Department of Health
- The Proposer's plan to incorporate or utilize reusable materials and supplies that cause the least amount of waste while still providing the same quality and safety standards as proposed in this RFP
- The proposer's presentation at and the overall results of any interview conducted with the proposer
- Proposers MUST sign the Proposal Certification attached hereto as Schedule A and the Equal Pay Certification attached hereto as Schedule G. Unsigned proposals will be rejected
- Proposers may be required to give an oral presentation to the County to clarify or elaborate on the written proposal
- No proposal will be accepted from nor any agreement awarded to any proposer that is in arrears upon any debt or in default of any obligation owed to the County. Additionally, no agreement will be awarded to any proposer that has failed to satisfactorily perform pursuant to any prior agreement with the County

CONTRACT

After selection of the successful proposer, a formal written contract will be prepared by the County of Erie and will not be binding until signed by both parties and, if necessary, approved by the Erie County Legislature, the Erie County Fiscal Stability Authority, and the Office of the County Attorney. NO RIGHTS SHALL ACCRUE TO ANY PROPOSER BY THE FACT THAT A PROPOSAL HAS BEEN SELECTED BY THE COUNTY FOR SUBMISSION TO THE ERIE COUNTY LEGISLATURE AND/OR THE ERIE COUNTY FISCAL STABILITY AUTHORITY FOR APPROVAL. THE APPROVAL OF SAID LEGISLATURE AND/OR AUTHORITY MAY BE NECESSARY BEFORE A VALID AND BINDING CONTRACT MAY BE EXECUTED BY THE COUNTY.

The term of the contract shall be for a three (3) year period commencing January 1, 2024, and terminating December 31, 2026. The County, in its sole discretion, may extend the agreement beyond its initial term for up to two (2) additional one (1)-year periods at the same prices and conditions. The vendor and the County of Erie have the option of meal cost review (1) time per year (every 12 months) on the anniversary of the date of the signing of the original contract and mutually agreeable to both parties. If a price increase or decrease is warranted it will be based on the Consumer Price Index as determined by the County.

INDEMNIFICATION AND INSURANCE

The proposer accepts and agrees that language in substantially the following form will be included in the contract between the proposer and the County:

In addition to, and not in limitation of the insurance requirements contained herein the Proposer agrees:

(a) that except for the amount, if any, of damage contributed to, caused by or resulting from the negligence of the County, the Proposer shall indemnify and hold harmless the County, its officers, employees and agents from and against any and all liability, damage, claims, demands, costs, judgments, fees, attorneys' fees or loss arising directly or indirectly out of the acts or omissions hereunder by the Proposer or third parties under the direction or control of the Proposer; and

(b) to provide defense for and defend, at its sole expense, any and all claims, demands or causes of action directly or indirectly arising out of this Agreement and to bear all other costs and expenses related thereto.

Upon execution of any contract between the proposer and the County, the proposer will be required to provide proof of the insurance coverage described in Schedule B.

Insurance coverage in amount and form shall not be deemed acceptable until approved by the County Attorney.

RECORDS

The proposer accepts and agrees that language in substantially the following form will be included in the contract between the proposer and the County:

All records compiled by the Proposer in completing the work described in this Agreement, including but not limited to written reports, source codes, studies, drawings, blueprints, negatives of photographs, computer printouts, graphs, charts, plans, specifications and all other similar recorded data, shall become and remain the property of the County. The Proposer may retain copies of such records for its own use.

NON-COLLUSION

The proposer, by signing the proposal, does hereby warrant and represent that any ensuing agreement has not been solicited, secured or prepared directly or indirectly, in a manner contrary to the laws of the State of New York and the County of Erie, and that said laws have not been violated and shall not be violated as they relate to the procurement or the performance of the agreement by any conduct, including the paying or the giving of any fee, commission, compensation, gift, gratuity or consideration of any kind, directly or indirectly, to any County employee, officer or official.

CONFLICT OF INTEREST

All proposers must disclose with their proposals the name of any officer, director or agent who is also an employee of the County of Erie. Further, all proposers must disclose the name of any County employee who owns, directly or indirectly, an interest of ten percent or more in the firm or any of its subsidiaries or affiliates.

There shall be no conflicts in existence during the term of any contract with the County. The existence of a conflict shall be grounds for termination of a contract.

COMPLIANCE WITH LAWS

By submitting a proposal, the proposer represents and warrants that it is familiar with all federal, state and local laws and regulations and will conform to said laws and regulations. The preparation of proposals, selection of proposers and the award of contracts are subject to provisions of all Federal, State and County laws, rules and regulations.

CONTENTS OF PROPOSAL

The New York State Freedom of Information Law as set forth in Public Officers Law, Article 6, Sections 84 et seq., mandates public access to government records. However, proposals submitted in response to this RFP may contain technical, financial background or other data, public disclosure of which could cause substantial injury to the proposer's competitive position or constitute a trade secret. Proposers who have a good faith belief that information submitted in their proposals is protected from disclosure under the New York Freedom of Information Law shall:

a) insert the following notice in the front of its proposal:

“NOTICE

The data on pages___of this proposal identified by an asterisk (*) contains technical or financial information constituting trade secrets or information the disclosure of which would result in substantial injury to the proposer’s competitive position.

The proposer requests that such information be used only for the evaluation of the proposal but understands that any disclosure will be limited to the extent that the County considers proper under the law. If the County enters into an agreement with this proposer, the County shall have the right to use or disclose such information as provided in the agreement, unless otherwise obligated by law.”

and

b) clearly identify the pages of the proposals containing such information by typing in bold face on the top of each page " * **THE PROPOSER BELIEVES THAT THIS INFORMATION IS PROTECTED FROM DISCLOSURE UNDER THE STATE FREEDOM OF INFORMATION LAW.**"

The County assumes no liability for disclosure of information so identified, provided that the County has made a good faith legal determination that the information is not protected from disclosure under applicable law or where disclosure is required to comply with an order or judgment of a court of competent jurisdiction.

The contents of the proposal which is accepted by the County, except portions "Protected from Disclosure", may become part of any agreement resulting from this RFP.

EFFECTIVE PERIOD OF PROPOSALS

All proposals must state the period for which the proposal shall remain in effect (i.e. how much time does the County have to accept or reject the proposal under the terms proposed). Such period shall not be less than 180 days from the proposal date.

SCHEDULE "A"

PROPOSER CERTIFICATION

The undersigned agrees and understands that this proposal and all attachments, additional information, etc. submitted herewith constitute merely an offer to negotiate with the County of Erie and is NOT A BID. Submission of this proposal, attachments, and additional information shall not obligate or entitle the proposing entity to enter into a service agreement with the County of Erie for the required services. The undersigned agrees and understands that the County of Erie is not obligated to respond to this proposal nor is it legally bound in any manner whatsoever by the submission of same. Further, the undersigned agrees and understands that any and all proposals and negotiations shall not be binding or valid against the County of Erie, its directors, officers, employees or agents unless an agreement is signed by a duly authorized officer of the County of Erie and, if necessary, approved by the Erie County Legislature and the Office of the County Attorney.

It is understood and agreed that the County of Erie reserves the right to reject consideration of any and all proposals including, but not limited to, proposals which are conditional or incomplete. It is further understood and agreed that the County of Erie reserves all rights specified in the Request for Proposals.

It is represented and warranted by those submitting this proposal that except as disclosed in the proposal, no officer or employee of the County of Erie is directly or indirectly a party to or in any other manner interested in this proposal or any subsequent service agreement that may be entered into.

Proposer Name

By: Name and Title

SCHEDULE B
County of Erie
Standard Insurance Requirements

CLASSIFICATION G:
GENERAL PURPOSE OR
PUBLIC ENTITY CONTRACT

Vendor Insurance Classification G: General Purpose Contracts or Public Entity Services
For Cities, Villages and Towns, including but not limited to, Snow Removal,
Food & Transportation for the Elderly, Criminal Justice, Youth Delinquency, and
Transportation of Handicapped Persons

1. The contractor/municipality shall obtain, at its own cost and expense, the following insurance coverages with insurance companies licensed in the State of New York and shall provide a certificate of insurance as evidence of such coverages on the County of Erie Standard Insurance Certificate Form.

- A. Commercial General Liability - with a minimum combined single limit of liability for Bodily Injury and Property Damage of \$1,000,000 per occurrence and \$2,000,000 general aggregate and \$2,000,000 Products – Completed Operation Aggregate. The coverage shall include:
 - Premises and Operations
 - Products and Completed Operations
 - Independent Contractors
 - Contractual Liability (sufficient to cover all liability assumed under contracts with the County of Erie)
- B. Automobile Liability - with a minimum combined single limit of liability for Bodily Injury and Property Damage of \$1,000,000 each occurrence. The coverage shall include Owned, Hired, and Non-Owned Autos (Symbol "1" should be designated for Liability coverage on the Business Auto Policy).
- C. Excess "Umbrella" Liability - with a minimum limit of \$1,000,000 each occurrence / \$1,000,000 aggregate.
- D. Worker's Compensation and Employer's Liability - providing statutory coverage in compliance with the Worker's Compensation Law of the State of New York (Forms C-105.2; SI-12; GSI-105.2; or U-26.3).
- E. Disability Benefits - providing statutory coverage in compliance with the New York State Disability Benefits Law (Forms DB-120.1 or DB-155).

Failure to maintain coverage herein shall constitute a material breach of this contract and the Contractor shall suspend all work immediately upon such lapse in coverage.

2. Commercial General Liability, Automobile Liability and Excess "Umbrella" Liability shall name the County of Erie and any Board, Bureau, Commission or Agency thereof as additional insureds on ISO Form CG 2010 1185 Edition. Coverage should be provided on a primary and non-contributory bases. Waiver of Subrogation is required on all lines in favor of Erie County.

3. All policies in which the County of Erie is named as an additional insured shall provide that:

- A. The insurance company or companies issuing the policies shall have no recourse against the County of Erie for payment of any premiums or for assessments under any form of policy.
- B. The insurance shall apply separately to each insured (except with respect to the limit of the liability).

4. Prior to cancellation, non-renewal or material change of the above policies, at least forty-five (45) days advance written notice shall be given to the County of Erie, Department of Law, 95 Franklin Street, Room 1634, Buffalo, N.Y. 14202, and the Agency requesting the certificate.

5. All certificates of insurance shall be approved by the Erie County Department of Law prior to the inception of any work.

6. The "ACCORD" form certificate may be used in place of the Erie County Standard Insurance Certificate, provided that all of the requirements set forth in the instructions for the Erie County Standard Insurance Certificate are incorporated into the "ACCORD" form Certificate.



CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(ices) must be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

PRODUCER	CONTACT NAME:	
	PHONE (A/C, No, Ext):	FAX (A/C, No):
	E-MAIL ADDRESS:	
	INSURER(S) AFFORDING COVERAGE	NAIC #
INSURED	INSURER A:	
	INSURER B:	
	INSURER C:	
	INSURER D:	
	INSURER E:	
	INSURER F:	

COVERAGES

CERTIFICATE NUMBER:

REVISION NUMBER:

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSR	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
	GENERAL LIABILITY <input type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input type="checkbox"/> OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: <input type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC						EACH OCCURRENCE \$ DAMAGE TO RENTED PREMISES (Ea occurrence) \$ MED EXP (Any one person) \$ PERSONAL & ADV INJURY \$ GENERAL AGGREGATE \$ PRODUCTS - COMP/OP AGG \$ \$
	AUTOMOBILE LIABILITY <input type="checkbox"/> ANY AUTO <input type="checkbox"/> ALL OWNED AUTOS <input type="checkbox"/> SCHEDULED AUTOS <input type="checkbox"/> HIRED AUTOS <input type="checkbox"/> NON-OWNED AUTOS						COMBINED SINGLE LIMIT (Ea accident) \$ BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$ \$
	UMBRELLA LIAB <input type="checkbox"/> OCCUR <input type="checkbox"/> CLAIMS-MADE EXCESS LIAB DED RETENTION \$						EACH OCCURRENCE \$ AGGREGATE \$ \$
	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY Y/N ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? (Mandatory in NH) If yes, describe under DESCRIPTION OF OPERATIONS below						WC STATUTORY LIMITS OTH-ER E.L. EACH ACCIDENT \$ E.L. DISEASE - EA EMPLOYEE \$ E.L. DISEASE - POLICY LIMIT \$

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (Attach ACORD 101, Additional Remarks Schedule, if more space is required)
 Erie County is included as Additional Insured with respects to General Liability, Auto Liability and Umbrella/Excess Liability where required by written contract.

CERTIFICATE HOLDER

CANCELLATION

SHOULD ANY OF THE ABOVE-DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

 Authorized Representative

INSTRUCTIONS FOR COUNTY OF ERIE STANDARD INSURANCE CERTIFICATE

- I. Insurance shall be procured and certificates delivered before commencement of work or delivery of merchandise or equipment.
- II. **CERTIFICATES OF INSURANCE**
- A. Shall be made to the "County of Erie, 95 Franklin St, Buffalo NY, 14202"
- B. Coverage must comply with all specifications of the contract.
- C. Must be executed by an insurance company, agency or broker, which is licensed by the Insurance Department of the State of New York. If executed by a broker, notarized copy of authorization to bind or certify coverage must be attached.
- III. Forward the completed certificate to: County of Erie, (Department or Division) responsible for entering into the agreement for construction, purchase, lease or service.
- IV. Minimum coverage with limits are as follows:

Vendor Classification	A Construction and Maintenance	B Purchase or Lease of Merchandise or Equipment	C Professional Services	D Property Leased To Others Or Use Of Facilities Or Grounds	E Concessionaires Services	F Livery Services	G All Purposes Public Entity Contracts
Commercial Gen. Liab.	\$1,000,000 per occ.	\$1,000,000 CSL	\$1,000,000 CSL	\$1,000,000	\$1,000,000 CSL	\$1,000,000	\$1,000,000 CSL
General Aggregate	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000
Products Completed Operations Liability	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000	\$2,000,000
Blanket Broad Form Contractual Liability	INCLUDE						
Contractual Liability		INCLUDE	INCLUDE	INCLUDE	INCLUDE	INCLUDE	INCLUDE
Broad Form P.D.	INCLUDE						
X.C.U. (explosion, collapse, Underground)	INCLUDE						
Liquor Law				INCLUDE	INCLUDE		
Auto Liab.	\$1,000,000 CSL		\$1,000,000 CSL	\$1,000,000 CSL	\$1,000,000 CSL	\$1,000,000 CSL	\$1,000,000 CSL
Owned	INCLUDE		INCLUDE	INCLUDE	INCLUDE	INCLUDE	INCLUDE
Hired	INCLUDE		INCLUDE	INCLUDE	INCLUDE	INCLUDE	INCLUDE
Non-Owned	INCLUDE		INCLUDE	INCLUDE	INCLUDE	INCLUDE	INCLUDE
Excess/Umbrella Liab.	\$5,000,000	\$1,000,000	\$1,000,000	\$1,000,000	\$1,000,000	\$5,000,000	\$1,000,000
Worker's Compensation & Employer's Liability	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY
Disability Benefits	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY	STATUTORY
Professional Liability			\$5,000,000				
Erie County, To Be Named Add'l Insd.	Gen. Liab., Auto Liab., & Excess	Broad Form Vendors May Be Required	Gen. Liab., Auto Liab., & Excess	Gen. Liab., Auto Liab., & Excess	Gen. Liab., Auto Liab., & Excess	Gen. Liab., Auto Liab., & Excess	Gen. Liab., Auto Liab., & Excess

Construction contracts require excess Umbrella Liability limits of \$5,000,000.

- VI. Coverage must be provided on a primary-noncontributory bases.
- VII. Designated Construction Project General Aggregate Limit Per Project Endorsement CG 25 03 is required.
- VIII. If the concessionaire is required to have a N.Y.S. license to dispense alcoholic beverages an endorsement for liquor liability is required.
- IX. Waiver of Subrogation: Required on all lines unless noted.
- X. Transportation of people in buses, vans or station wagons requires \$5,000,000 excess liability.
- XI. Workers Compensation: State Workers' Compensation / Disability Benefits Law --- Use Applicable Certificates Below:
- XII. The "ACORD" form certificate may be used in place of the County of Erie Standard Insurance Certificate, provided that all of the above referenced requirements are incorporated into the "ACORD" form certificate

Workers Compensation Forms

CE-200	Exemption
C105.2	Commercial Insurer
SI-12	Self Insurer
GSI-105.2	Group Self Insured
U-26.3	New York State Insurance Fund

DBL (Disability Benefits Law) Forms

CE-200	Exemption
DB-120.1	Insurers
DB-155	Self Insured

SCHEDULE "G"
EQUAL PAY CERTIFICATION

In order to comply with Executive Order 13 date November 6, 2014, we hereby certify that we are in compliance with federal law, including the Equal Pay Act of 1963, Title VII of the Civil Rights Act of 1964, Federal Executive Order 11246 of September 24, 1965, and New York State Labor Law Section 194 (together "Equal Pay Law"). We understand that this certification is a material component of this contract. Violation of the provisions of Executive Order 13, which is attached hereto and made a part hereof, can constitute grounds for the immediate termination of this contract and may constitute ground for determining that a bidder is not qualified in future county contracts.

We have evaluated wages and benefits to ensure compliance with the Equal Pay Law. We certify that we have not been the subject of an adverse finding under the Equal Pay Law within the previous five (5) years and, in the alternative, if we were the subject of an adverse finding under the Equal Pay Law within the previous five (5) years, we have annexed a detailed description of the finding(s). In addition, we have annexed a detailed description of any currently pending claims under the Equal Pay Law in which we are involved.

Signature

Verification

STATE OF _____)
COUNTY OF _____) SS:
A)

_____, being duly sworn, states he or she is the owner of (or a partner in) _____, and is making the foregoing Certification and that the statements and representations made in the Certification are true to his or her own knowledge.

B)
_____, being duly sworn, states he or she is the Name of Corporate Officer _____, of _____, Title of Corporate Officer Name of Corporation the enterprise making the foregoing Certification, that he or she has read the Certification and knows its contents, that the statements and representations mad in the Certification are true to his or her own knowledge, and that the Certification is made at the direction of the Board of Directors of the Corporation.

Sworn to before me this _____
Day of _____, 20_____.

Appendix A

TABLE 1: SERVICES OFFERED BY THE ERIE COUNTY ELDERLY NUTRITION SERVICES PROGRAM	
SERVICE	DESCRIPTION
Congregate Meals	A hot or other appropriate meal which meets nutritional requirements and is commonly served to an eligible participant in a group setting.
Nutrition counseling	Individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medications use. Counseling is provided one-on-one by a nutrition professional, who evaluates the person’s nutritional needs, develops and implements a nutrition counseling plan, evaluates the client’s outcome, maintains documentation and distributes appropriate literature. It is recommended that initial counseling be provided face-to-face at a congregate site, in the home or in an office setting. Follow-up nutrition counseling may be provided face-to-face at a congregate site, in the home, office setting or by telephone. A nutrition professional is defined as a Registered Dietitian (RD). Nutrition counseling services are available to an older individual and/or her/his caregiver upon referral and/or request.
Nutrition education	A planned program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information that is consistent with the current Dietary Guidelines for Americans. Nutrition Education instruction is provided in a group or individual setting and overseen by a registered dietitian. Nutrition Education must allow for participants to interact with the presenter and ask questions during the session. Note: Distribution of written nutrition information or broadcast presentations that do not allow for participants to interact with the presenter are not considered Nutrition Education but Public Information.
Source: New York State Office for the Aging “Standard Definitions for Service and Units of Service” 22-PI-07	

TABLE 2: 2022 ERIE COUNTY ELDERLY NUTRITION SERVICES PROGRAM CLIENT PROFILES

Congregate Meals	
Meals Ordered	282,665
Average Age	76
60-74	37%
75-84	39%
85+	24%
Female	69%
Lives Alone	55%
Frail	29%
Below 100% Poverty Level	12%
100-150% Poverty Level	42%
White	73%
Black	6%
Hispanic	3%

TABLE 3: OLDER ADULT POPULATION BY TOWN				
Town/City*	Ages:	60-74	75-84	85+
Alden		1466	650	291
Amherst		22420	7386	4795
Aurora		3165	808	432
Boston		1923	516	222
Brant		394	122	38
Buffalo		40917	9185	4453
Cheektowaga		16807	5572	2786
Clarence		5536	2009	1153
Colden		590	146	28
Collins		1208	306	141
Concord		1746	474	324
Eden		1590	310	272
Elma		2309	714	269
Evans		3444	857	321
Grand Island		4299	941	427
Hamburg		11837	3424	1742
Holland		676	164	127
Lackawanna		3890	937	438
Lancaster		9247	2571	1082
Marilla		903	259	108
Newstead		1998	582	130
North Collins		424	185	35
North Tonawanda city		5550	1463	762
Orchard Park		5967	2196	979
Sardinia		502	146	24
Tonawanda city		3298	786	226
Tonawanda town		14455	3123	2396
Wales		737	105	45
West Seneca		8463	2866	1183
2021 Census data for Erie County Subdivisions. Data on 'Places' can be found on American Fact Finder.				

Table: 4 2022 ERIE COUNTY CONGREGATE DINING SITES (Group A)

Dining Site	Address	Meals Ordered	Ethnic Menu Served *	Bulk or Tray Site	Serve Days per Week
ABLEY/HENNEPIN	24 Ludington Street, Buffalo, NY 14206	2,554	N	BULK	5
AKRON	5691 Cummings Rd. Akron, NY 14001	6,206	N	TRAY	5
ALDEN	13116 W. Main St. Alden, NY 14004	3,260	N	TRAY	3
AMHERST	370 John James Audubon Pkwy Amherst, NY 14228	12,205	N	BULK	5
AUTUMNWOOD	1800 Clinton St. Buffalo, NY 14206	1,082	N	TRAY	5
BAPTIST MANOR	276 Linwood Avenue, Buffalo, NY 14209	4,620	N	TRAY	5
BELLE CENTER	104 Maryland St. Buffalo, NY 14201	2,115	H	BULK	5
BOSTON	8500 Boston State Rd. Boston, NY 14025	3,777	N	BULK	5
BUFFALO URBAN	86 Pine Street, Buffalo, NY 14204	1,423	AA	BULK	5
CAYUGA	100 Hutchens Dr., Cheektowaga, NY 14227	2,577	N	TRAY	5
CHEEKTOWAGA	3349 Broadway, Cheektowaga, NY 14227	8,900	N	BULK	5
CLARENCE	4600 Thompson Rd. Clarence, NY 14031	9,401	N	BULK	5
CONCORD SPRINGVILLE	40 Commerce Dr. Springville, NY 14141	3,336	N	BULK	5
EDWARD SAUNDERS	2777 Bailey Ave. Buffalo, NY 14215	TBA	AA	BULK	5
FRIENDS	118 E. Utica St. Buffalo, NY 14209	772	AA	BULK	3
GLORIA PARKS	3242 Main St. Buffalo, NY 14214	2,538	AA	BULK	5
HAMBURG	25 Buffalo St., Hamburg, NY 14075	5,080	N	TRAY	5
HISPANICS UNITED	254 Virginia St. Buffalo, NY 14201	2,646	H	BULK	5
KENMORE	135 Wilber Ave. Kenmore, NY 14217	2,050	N	BULK	5
LACKAWANNA	230 Martin Rd. Lackawanna, NY 14218	4,339	N	BULK	5
LANCASTER	100 Oxford Lancaster, NY 14086	5,662	N	BULK	5
MARYVALE/MOOR	100 Moorman Drive, Cheektowaga, NY 14225	2,402	N	TRAY	5
NORTH BUFFALO	203 Sanders Rd. Buffalo, NY 14216	2,918	N	BULK	5
NORTHWEST	155 Lawn Ave. Buffalo, NY 14207	3,510	N	TRAY	5
ORCHARD PARK	4520 California Rd . Orchard Park, NY 14217	10,874	N	BULK	5
RICHMOND SUMMER	337 Summer St. Buffalo, NY 14222	3,118	AA	BULK	5
ST. JOHN'S COMM. CHURCH	2871 E. Church Rd., Eden, NY 14057	1,243	N	BULK	2
SALVATION ARMY-TON	46 Broad St. Tonawanda, NY 14150	2,528	N	BULK	5
SCHILLER PARK	2057 Genesee St. Buffalo, NY 14211	4,506	N	BULK	5
SENECA BABCOCK	1168 Seneca Street, Buffalo, NY 14210	1,879	N	BULK	3
SLOAN	140 Halstead Sloan, NY 14212	1,473	N	BULK	3
TOSH COLLINS	35 Cazenovia St. Buffalo, NY 14220	5,291	N	BULK	5
TOWN OF AURORA	101 King St. East Aurora, NY 14052	10,719	N	BULK	5
TOWN OF EVANS	999 Sturgeon Point Rd. Derby, NY 14047	1,708	N	BULK	5
TOWN OF HAMBURG	4540 Southwestern Blvd., Hamburg NY 14075	5,896	N	BULK	5
TOWN OF MARILLA	1810 Two Rod Rd., Marilla, NY 14102	1,886	N	TRAY	3
TOWN OF TONAWANDA	291 Ensminger Rd. Tonawanda, NY 14150	5,537	N	BULK	5
UNITED CHURCH	50 North Avenue, West Seneca, NY 14224	2,305	N	TRAY	5
VIOLET HOUSE	11 Haley Lane, Cheektowaga, NY 14227	1,418	N	TRAY	5
WEST SENECA	4620 Seneca St. W. Seneca, NY 14224	12,660	N	BULK	5
WEST SIDE COMM.	161 Vermont St., Buffalo, NY 14222	open1/23	N	TRAY	3
WILLIAM EMSLIE	585 William St. Buffalo, NY 14206	1,747	AA	TRAY	3
WILLIAMSTOWNE VILLAGE	2940 Williams St., Buffalo, NY 14227	2146	N	BULK	5

***Key**

AA – African American

H – Hispanic

N – N/A

Table: 5 2022 ERIE COUNTY FROZEN CONGREGATE DINING SITES (Group B)

Dining Site	Address	Frozen	Frozen Meals Ordered
ABLEY/HENNEPIN	24 Ludington Street, Buffalo, NY 14206	NO	0
AKRON	5691 Cummings Rd. Akron, NY 14001	YES	3170
ALDEN	13116 W. Main St. Alden, NY 14004	NO	0
AMHERST	370 John James Audubon Pkwy Amherst, NY 14228	YES	12181
AUTUMNWOOD	1800 Clinton St. Buffalo, NY 14206	NO	0
BAPTIST MANOR	276 Linwood Avenue, Buffalo, NY 14209	NO	0
BELLE CENTER	104 Maryland St. Buffalo, NY 14201	NO	0
BOSTON	8500 Boston State Rd. Boston, NY 14025	YES	2229
BUFFALO URBAN	86 Pine Street, Buffalo, NY 14204	NO	0
CAYUGA	100 Hutchens Dr., Cheektowaga, NY 14227	YES	400
CHEEKTOWAGA	3349 Broadway, Cheektowaga, NY 14227	YES	11916
CLARENCE	4600 Thompson Rd. Clarence, NY 14031	YES	3586
CONCORD SPRINGVILLE	40 Commerce Dr. Springville, NY 14141	YES	446
EDWARD SAUNDERS	2777 Bailey Ave. Buffalo, NY 14215	NO	0
FRIENDS	118 E. Utica St. Buffalo, NY 14209	YES	1510
GLORIA PARKS	3242 Main St. Buffalo, NY 14214	YES	446
HAMBURG	25 Buffalo St, Hamburg, NY 14075	NO	0
HISPANICS UNITED	254 Virginia St. Buffalo, NY 14201	NO	0
KENMORE	135 Wilber Ave. Kenmore, NY 14217	NO	0
LACKAWANNA	230 Martin Rd. Lackawanna, NY 14218	NO	0
LANCASTER	100 Oxford Lancaster, NY 14086	YES	11527
MARYVALE/MOOR	100 Moorman Drive, Cheektowaga, NY 14225	YES	1464
NORTH BUFFALO	203 Sanders Rd. Buffalo, NY 14216	YES	300
NORTHWEST	155 Lawn Ave. Buffalo, NY 14207	YES	1851
ORCHARD PARK	4520 California Rd. Orchard Park, NY 14217	YES	8461
RICHMOND SUMMER	337 Summer St. Buffalo, NY 14222	NO	0
ST. JOHN'S COMM. CHURCH	2871 E. Church Rd., Eden, NY 14057	NO	0
SALVATION ARMY-TON	46 Broad St. Tonawanda, NY 14150	YES	1245
SCHILLER PARK	2057 Genesee St. Buffalo, NY 14211	YES	565
SENECA BABCOCK	1168 Seneca Street, Buffalo, NY 14210	NO	0
SLOAN	140 Halstead Sloan, NY 14212	YES	403
TOSH COLLINS	35 Cazenovia St. Buffalo, NY 14220	YES	8240
TOWN OF AURORA	101 King St. East Aurora, NY 14052	YES	3968
TOWN OF EVANS	999 Sturgeon Point Rd. Derby, NY 14047	YES	1375
TOWN OF HAMBURG	4540 Southwestern Blvd., Hamburg NY 14075	YES	15236
TOWN OF MARILLA	1810 Two Rod Rd., Marilla, NY 14102	YES	1402
TOWN OF TONAWANDA	291 Ensminger Rd. Tonawanda, NY 14150	YES	14980
UNITED CHURCH	50 North Avenue, West Seneca, NY 14224	YES	138
VIOLET HOUSE	11 Haley Lane, Cheektowaga, NY 14227	YES	8
WEST SENECA	4620 Seneca St. W. Seneca, NY 14224	YES	5182
WEST SIDE COMM.	161 Vermont St., buffalo, NY 14222	NO	0
WILLIAM EMSLIE	585 William St. Buffalo, NY 14206	NO	0
WILLIAMSTOWNE VILLAGE	2940 Williams St., Buffalo, NY 14227	YES	129

Appendix B
Meal, Menu, and Service Requirements

- A. Meals must be provided based on a menu(s) created by the Erie County Senior Service Nutrition staff.
 - 1. See 13 week sample cycle menu at the end of this Appendix

- B. Congregate Dining requirement

The proposer will provide the following Congregate Dining Variations:

- a. Regular on-site Dining-Tray/Bulk service with Regular, African American, and Hispanic menus (Group A). African American and Hispanic menus will be created by Erie County Nutrition staff and will use the Regular menu as their base. Culturally sensitive menu choices will be exchanged as needed. No more than five (5) entrée changes per month will be made for each ethnic menu. Please reference the African American and Hispanic sample menu items at the end of this Appendix.
 - b. Dinner Meals (Included with Group A)
 - c. Frozen Grab and Go Meals (Group B)
- C. The Proposer will allow Erie County Nutrition staff to periodically offer a site menu choice to allow for menu variety.
- D. In the event of a last-minute change to a final menu, the Erie County Nutrition staff must be notified. All menu substitutions must be approved by the Erie County Chief Dietitian. All menu substitutions must be of equal nutritive value.
- E. The County will provide the Proposer with appropriate meal counts per Congregate site by Wednesday at 2 pm for the following week. Meal count changes will be accommodated up to 24 hours in advance. Frozen Grab and Go and Dinner meal count changes will be accommodated up to 48 hours in advance.
- F. Erie County Nutrition staff will meet with awarded vendor(s) bi-weekly or more often if necessary to discuss any food preparation, quality, or delivery issues.

GENERAL MEAL REQUIREMENTS FOR CONGREGATE DINING (BULK, TRAY, DINNER, AND FROZEN GRAB AND GO MEALS):

The Proposer must guarantee that all meals will conform to the requirements of the program. This includes the provision that each complete meal must provide 1/3 of the Recommended Daily Allowance for adults 60 years of age and older, as specified by the Food and Nutrition Board, National Academy of Science and the National Research Council. The meal must include a good source of Vitamin C every day, a good source of Vitamin A three times per week, and 3 oz. high biological value edible protein every day.

A. In addition to the entrée, all meals will include:

Vegetables and fruit (two - ½ cup servings)
Once slice of bread or variant (one ounce),
Butter (one teaspoon)
Dessert (ex.: one serving of at least ½ cup fruit, or fresh fruit, or iced cake, milk-based pudding, cookies, etc.)
Milk/Chocolate Milk (½ pint: 1% homogenized low fat milk (fortified with Vitamin A and D)
Enriched or whole grain products (spaghetti, noodles, rice, stuffing, etc.), one serving as appropriate

B. Meals must be moderate in sodium (~800 mg /meal), saturated fat and sugar levels. No salt may be used in the cooking process. Low sodium products are to be used in gravies, soups, sauces, etc. All meals must be of the highest quality standards and conform to USDA requirements. Meals must be prepared in a manner to preserve optimum flavor, color, texture, size, shape and appearance while retaining nutrients and food value. Provider must ensure entrée tenderness. Provider must sample food items to ensure high quality and entrée tenderness prior to delivery.

C. The Proposer will be responsible for providing specific recipe information as needed to complete nutritional analysis of all items served for all menus by the Erie County Nutrition staff as required by NYSOFA. Standardized recipes must be used to ensure consistency.

Entrée Specifications:

3 ounces cooked weight serving of edible meat, poultry, seafood, eggs or cheese.
Meat: USDA Choice/Select
Poultry: USDA Grade A
Pure Ground Beef: USDA Choice/Select 80/20
Eggs: USDA Grade A
Cheese: USDA Grade A

The same entrée type may not be provided more than once per week nor on the same day in the following week.

Fillers or breading used in preparation may not be counted as part of the 3oz serving.

Fresh, frozen chicken, pork, beef and fish are recommended.

Meat alternatives must be provided on Ash Wednesday and on Fridays during Lent.

Ground beef entrees (i.e. casseroles, meatballs, meatloaf, hamburger patties, Salisbury steak, etc.) may not be used more than one time per week.

All ham products (i.e., hot dogs, knockwurst, polish sausage, luncheon meats, etc.) must be low sodium products.

Luncheon meats must be post-pasteurized.

D. Fruits, Vegetables and Juices:

Vegetables and Fruits: Two ½ cup servings-drained

Fresh fruits and vegetables: USDA Number 1

Bananas-150 Petite

Oranges 113 ct. Navel

Apples 120 ct. Empire

Frozen vegetables: USDA Grade A Fancy

Canned vegetables: USDA Grade A Fancy

Canned fruit: USDA Grade A Fancy Light syrup or natural juice packed

Frozen fruits: USDA Fancy

Canned diet fruits: USDA Grade A Fancy

Fruit and vegetable juice: 4 oz. USDA Grade A Fancy 100% juice, Vitamin C Fortified and pasteurized.

Individual packaged juice must be provided.

Fresh or frozen vegetables are preferred.

Instant mashed potatoes, if utilized, must be fortified with vitamin C.

E. Butter

One teaspoon Individual packets or pats must be provided.

F. Desserts

Dessert: ½ cup: fruit, fresh fruit, or iced cake, milk-based pudding, cookies, etc.

Dessert variety is recommended.

The same dessert flavor and type must not be provided more than once per week.

Seasonal decorated desserts are highly recommended.

G. Bread or Variant:

One (1) ounce serving minimum of enriched whole grain bread, biscuit, roll, muffin, cornbread, bun, or variant, i.e., Enriched, and whole grain products such as spaghetti, noodles, rice, and stuffing.

Variety is recommended.

Serving whole grains are highly recommended.

Uniformity and size must be consistent for all servings.

All bread variations must be individually wrapped unless specified otherwise.

H. Milk/Chocolate Milk:

½ pint 1% USDA Grade A, pasteurized and fortified with Vitamin A & D

Individual milk cartons must be provided.

Milk cartons with expired dates and/or are spoiled

or damaged must be replaced the same day of service.

A minimum five (5) day lead date for all milk cartons is required.

I. Condiments and Cutlery for Bulk, Tray, and Dinner Meals

The Proposer will also provide napkins, straws, eating utensils, plates, bowls, garbage bag liners, disposable gloves, aprons, and any other accessories required to serve a complete meal. These items must be appropriate for use by older adults and the quality must be approved by the Erie County nutrition staff. Condiments must also be provided, including, but not limited to; disposable salt and pepper, sauces, salad dressings, mustard, ketchup, horseradish, mayonnaise and other as specified on the menu(s).

J.

The Proposer must be willing to provide meals for special events or theme days if such occasions occur during the regular meal schedule. Special events may include a Christmas meal, a New Year's meal, a Thanksgiving meal, a St. Patrick's Day meal or other such festive meals and special events as designated by the Erie County Nutrition staff. (Refer to Holiday/Occasional Menu Option)

K. Food Safety and Sanitation:

Prior to and during meal delivery, the hot meals will be maintained at a temperature of 140° or higher and for no longer than two hours from the time of plating at the food preparation facility to when the meal is delivered (or as otherwise required by Law, including Erie County Health Department and/or NYS Health Department guidelines for time and temperature). If food does not meet the minimum time and temperature standards as required by Law, the food will be rejected and must be discarded. The Proposer must replace the food so rejected.

Cold food items will be maintained at the maximum temperature of 45° degrees or less when the meal is delivered (or as otherwise required by Law, including Erie County Health Department and/or NYS Health Department guidelines for cold food items).

Frozen items must be maintained in their frozen state until received by the client or bulk congregate site.

The location where the food is prepared, processed, and/or packaged shall be maintained and operated in compliance with Law, including but not limited to Local and/or State Department of Health regulations.

Facilities must establish and implement a food safety system that includes an analysis of hazards and implementation of risk-based preventive controls, including, but not limited to:

- 1) Compliance with New York State Sanitary Code Subpart 14-1, Food Service Establishments
- 2) Consideration/implementation of the recommendations included in the FDA Current Good Manufacturing Practice, Hazard Analysis, and Risk-Based Preventive Controls for Human Food (21 CFR Part 117): Guidance for Industry Small Entity Compliance Guide, for example:
 - A hazard analysis
 - Preventive controls
 - A risk-based supply chain program, if appropriate
 - A recall plan if there are any hazards associated with the food
 - Procedures for monitoring the implementation of the preventive controls
 - Procedures for verifying that preventive controls are consistently implemented and are effectively minimizing or preventing the identified hazards, using procedures such as those identified in the FDA Draft Guidance for Industry: Control of Listeria monocytogenes in Ready-To-Eat Foods

The Proposer is required to comply with all applicable HACCP procedures and to maintain such records as required by the New York State Department of Health and to provide such records to the County upon request. The County reserves the right to inspect all aspects of the Proposer's food preparation, storage and delivery and to require that food that does not meet HACCP guidelines be discarded.

The Proposer is required to retain a dated test meal in the freezer for a period of three working days or seventy-two hours (or longer if required by Law) after the day of service for all food products served to the clients for the meal. Further, upon appropriate requests by the County, the vendor agrees to submit said test meals for nutritive and/or microbacteriological analysis by a qualified testing laboratory at the Proposer's expense.

All food preparation, storage and distribution facilities, appliances and equipment shall at all times be kept and maintained in a clean and sanitary condition as required by Law and all kitchen appliances and other equipment are kept at all times in good repair for satisfactory operation as required by Law.

L. Delivery Equipment:

All equipment, including automobiles, storage containers, hot boxes, insulated containers, carriers, inserts and other equipment, used by the Proposer for the transport, storage, and delivery of meals, shall be made available for inspection by the Erie County Nutrition staff.

M. Routes:

Bulk sites are generally delivered in the morning of service before 10:00 am.

Tray meals are to be delivered no later than 15 minutes before service time (11:45am).

Frozen Grab and Go meals are to be delivered once a week, generally between 8:00am – 10:00 am to the participating Congregate sites, on either Mondays or Tuesdays. Exceptions will be made for Holidays, in which Frozen Grab and Go meals will be delivered on the next business day.

N. Transport:

Proposals must include a description of food transportation containers to be used.

- i. Cold and hot food must be packaged separately.
- ii. Oliver trays or other approved trays may be used for hot food. The lids must provide an air tight seal.
- iii. Appropriate containers, lids, or covers must be used for cold foods.

BULK, TRAY, AND DINNER CONGREGATE OPTIONS IN ADDITION TO THE CYCLE MENU

A. Entrée Salads (minimum 6 per menu cycle)

Julienne Salad-1 oz. turkey, 1oz. ham, 0.5 oz. Swiss cheese, ½ HB egg, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes, 0.5 oz. seasoned croutons, 2fl. Oz. salad dressing

Caesar Salad-3 oz. Grilled Chicken breast, 0.5 oz. Parmesan Cheese, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes, 0.5 oz. seasoned croutons, 2 fl. oz. Caesar salad dressing

Grilled Chicken, Mandarin Orange & Sunflower Salad – 3 oz. Grilled Chicken breast, ¼ cup mandarin oranges, 1 Tbs. sunflower seeds, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes, 2 fl. oz. salad dressing

Greek Salad with Grilled Chicken – 3 oz. Grilled Chicken breast, 0.5 oz. Crumbled Feta cheese, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, ½ cup Mediterranean salad (marinated tomatoes, cucumbers, red onion, olives), 2 fl. oz. Greek salad dressing

Tuna Macaroni Salad – 8 oz. tuna pasta salad, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes. 1 fl. oz. salad dressing

Cranberry Chicken Salad – 4 oz. cranberry chicken salad, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes. 1 fl. oz. salad dressing

Beef Taco Salad – 3 oz. taco-seasoned ground beef, 0.5 oz. shredded cheddar cheese, ½ cup corn & black bean salsa, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes, 1 fl. oz. salad dressing

Cottage Cheese with Chives & Fruit – 6 oz. reduced-fat cottage cheese, 1 cup mixed salad greens, 1 Tbs. shredded carrot, ½ cup pineapple & mandarin oranges, 1 fl. oz. salad dressing

Tuna Salad with ½ HB egg - 4 oz. tuna salad, ½ HB egg, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, 6 cherry tomatoes. 1 fl. oz. salad dressing

Southwest Steak Salad – 3 oz. Taco-seasoned Beef strips, 1 cup mixed salad greens, 1 Tbs. shredded carrot, 1.5 Tbs. diced green pepper, ½ cup Corn & black bean salsa, 2 fl. oz. Ranch dressing

B. Fresh Side Salad (One per week)

1C mixed greens w/shredded carrot & red cabbage blend & 1oz. of salad dressing.

1/2c Potato, Pasta, Gelatin/Fruited Gelatin, Coleslaw, or Marinated Vegetables.

C. Holiday/Occasional Menu Options

Entrée:

Breaded Chicken Drumsticks

Cabbage Roll with 2oz meat sauce

Center Cut Breaded Bone-In Pork Chops with gravy

Chicken Cordon Bleu

Sliced Corned Beef

Dessert:

Holiday Pies-apple, cherry, sweet potato, chocolate cream, Boston cream, lemon cream, coconut cream, banana cream etc.

Ice Cream/Sherbet

Donut

Strawberry ShortCake-1/2 biscuit, #12 scoop strawberries, 1Tbs. whipped topping

Cheesecake

Éclair

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 1	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	3 oz. Meatballs with 3 oz. Tomato Sauce & 0.5 oz. Shredded Mozzarella		Buffalo Style Breaded Chicken Breast with 2 oz. Buffalo-style Sauce		8 oz. Beef Stew		Polish Sausage with 1/4 cup Sauerkraut & Mustard pkt.		Bone-In Chicken Breast with Herbed Gravy	
Vegetables & Fruits	Cauliflower		Tater Tots		Mashed Potatoes		Seasoned Roasted Potatoes		Scalloped Potatoes	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Grape Juice		Au Gratin Broccoli		Brussels Sprouts		Carrots		Peas with Pearl Onions	
Bread - 1 Slice or Alternate - 1/2 Cup	Italian Bread		Hamburger Bun		Biscuit		Hot Dog Bun		Dinner Roll	
Dessert - 1/2 Cup	Chocolate Chip Cookies		Fresh Banana		Butterscotch Pudding with Whipped Topping		Pineapple & Mandarin Oranges		Lemon Cake with Frosting	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12
Calorie Count										
Salads			Marinated California Blend Vegetables							
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 2	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
	HOT MEAL									
Meat or Alternate 3oz. Cooked Edible Portion	Roasted Turkey Breast with 2 oz. Gravy		Vegetable Lasagna with 2 oz. Cream Sauce		Steakhouse Burger with 2 oz. Gravy		Breaded Pork Chop with 2 oz. Gravy		Ancho Chicken Fajita Skillet with 2 oz. Peppers, Onions & Salsa & 0.5 oz Shredded Cheddar	
Vegetables & Fruits	Sweet Potatoes		Peas		Mashed Potatoes		Lazy Pierogi		Spanish Rice	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Green Bean Casserole		Chef Salad with Dressing		Lima Bean Bake		Orange-glazed Carrots		Fiesta Corn	
Bread - 1 Slice or Alternate - ½ Cup	1/2 cup Stuffing		Dinner Roll		Hamburger Bun		Rye Bread		6 in. Flour Tortilla	
Dessert - ½ Cup	Angel Food Cake with 1/4 cup Peaches		Pistachio Mousse		Fruit Cocktail		Apple Crisp with Whipped Topping		Seasonal Fresh Fruit	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads									Chef Salad with Dressing	
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 3										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	Grilled Chicken Breast with 2 oz. Marsala Sauce		6 oz. Beef Pepper Steak Casserole	212/6	Stuffed Shells with 3 oz. Tomato Meat Sauce & 0.5 oz. Shredded Mozzarella		Swedish Meatballs (3 oz. Meatballs with 3 oz. Creamy Swedish Gravy)	235/11	Beer Battered Fish with Tartar Sauce	
Vegetables & Fruits	Mashed Potatoes		Broccoli Florets		Cauliflower		Peas		Broccoli Cheese Rice Casserole	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	French Green Beans with Shredded Carrot		Carrots		Fruit Punch		Harvard Beets		Zucchini & Tomatoes	
Bread - 1 Slice or Alternate - ½ Cup	Multigrain Bread		1/2 cup White Rice	121/27	Italian Bread		1/2 cup Spiral Pasta		Wheat Dinner Roll	
Dessert - ½ Cup	Cinnamon Pears		Sugar Cookies		Lemon Ice		Fresh Grapes		S'mores Scramble (chocolate pudding w/ marshmallows & graham cracker topping)	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads									Coleslaw	
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 4										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	Cheese Omelet with 2 oz. Cheese Sauce		1/2 cup Baked Rigatoni with 3 oz. Italian Sausage & 3 oz. Tomato Sauce & 0.5 oz. Shredded Mozzarella		Roast Beef with 2 oz. Gravy & Horseradish pkt.		Breaded Chicken Patty with 2 oz. Gravy		6 oz. Turkey a la King	
Vegetables & Fruits	Tater Tots		California Blend Vegetables		Scalloped Potatoes		Cheesy Mashed Potatoes		Green Beans	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Peppers, Onions & Tomatoes		Grape Juice		Brussels Sprouts		Seasoned Spinach		Pineapple Juice	
Bread - 1 Slice or Alternate - 1/2 Cup	Raisin Bread		Dinner Roll		Rye Bread		Multigrain Bread		1/2 cup White Rice	
Dessert - 1/2 Cup	Brownie		Ambrosia		Seasonal Fresh Fruit		Ice Cream/ Ice Cream Novelty		Strawberry Bavarian	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads							Marinated Broccoli, Corn, Carrot & Red Pepper Salad			
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 5										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Cabbage Roll Casserole		Hot Dog with 1/4 cup Baked Beans & Ketchup pkt.		Grilled Chicken Breast with 2 oz. Mushroom Gravy		6 oz. Beef Bourguignon	127/2 25/4	6 oz. Cheese Tortellini with 2 oz. Chicken Tender & 3 oz. Red Pepper Cream Sauce	
Vegetables & Fruits	Garlic Mashed Potatoes		Macaroni & Cheese		Broccoli Florets		Mashed Potatoes		Cauliflower	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Corn		Carrots		Fruit Punch		Peas		Green Beans	
Bread - 1 Slice or Alternate - 1/2 Cup	Dinner Roll		Hot Dog Bun		1/2 cup Vegetable Rice Pilaf		Rye Bread		Wheat Dinner Roll	
Dessert - 1/2 Cup	Peanut Butter Cookies		Seasonal Fresh Fruit		Peach Crisp with Whipped Topping		Apricots & Mandarin Oranges		Chocolate Cake with Chocolate Frosting	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12
Calorie Count										
Salads							Chef Salad with Dressing			
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 6	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	Soup & Salad WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
	HOT MEAL									
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Caribbean Chicken Stew	297/23	Salisbury Steak with 2 oz. Gravy		8 oz. Cream of Potato with Ham (2 oz. Ham) Soup	230/8 117/28	Vegetable Quiche with 2 oz. Cheese Sauce		Breaded Chicken Cutlet with 2 oz. Tomato Sauce & 1 oz. Shredded Mozzarella	
Vegetables & Fruits	Broccoli Florets		Mashed Potatoes		Brussels Sprouts		Harvard Beets		Cauliflower	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Orange-pineapple Juice		Mixed Vegetables		Apple Juice		Seasoned Spinach		Peas	
Bread - 1 Slice or Alternate - ½ Cup	1/2c Yellow Rice with Turmeric	131/25	Wheat Bread		Cornbread		Wheat Dinner Roll		1/2 cup Penne Pasta	
Dessert - ½ Cup	Lorna Doones		Fruited Gelatin		Lemon Bavarian		Strawberry Ice Cream		Fresh Pear	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20
Calorie Count										
Salads					Chef Salad with Dressing					
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 7	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	4 oz. Sloppy Joe		Roasted Turkey with 2 oz. Gravy		8 oz. Cheesy Chicken & Broccoli Bake		Lasagna Roll with 3 oz. Tomato Meat Sauce & 0.5 oz. Shredded Mozzarella		8 oz. Pork Stew	
Vegetables & Fruits	Tater Tots		Mashed Butternut Squash		Carrots		California Blend Vegetables		Mashed Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Au Gratin Spinach		Creamy Cabbage with Dill		Chef Salad with Dressing		Grape Juice		Broccoli Florets	
Bread - 1 Slice or Alternate - ½ Cup	Hamburger Bun		1/2 cup Stuffing		Wheat Dinner Roll		Dinner Roll		Biscuit	
Dessert - ½ Cup	Tropical Fruit		Fresh Apple		Mandarin Oranges		Rice Pudding		Oatmeal Cookies	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads			Molded Cranberry Salad							
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

* Add 20 Calories to your total if 2% Milk is used at your center. **First Number is calories, and the second number is the Carbohydrate in grams

**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 8										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Macaroni & Cheese		Ground Beef Taco (3 oz. Taco-seasoned Ground Beef) with 0.5 oz. Cheddar Cheese		Roast Pork with 2 oz. Warm Cinnamon Apples		Grilled Chicken Breast with 2 oz. Pineapple Salsa		Meatloaf with 2 oz. Gravy	
Vegetables & Fruits	Peas with Red Pepper		Spanish Rice		Mashed Sweet Potatoes		Vegetable Rice Pilaf		Mashed Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	California Vegetable Medley		Seasoned Corn & Black Beans		Bavarian Red Cabbage		Broccoli Florets		Lima Bean Bake	
Bread - 1 Slice or Alternate - ½ Cup	Wheat Dinner Roll		Taco Shell		Multigrain Dinner Roll		Dinner Roll		Wheat Bread	
Dessert - ½ Cup	Rice Krispie Treat		Seasonal Fresh Fruit		Spice Cake with Frosting		Peach Bavarian		Fruit Compote	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads			Shredded Lettuce, & Diced Tomatoes							
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 9	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	6 oz. Chicken & Sausage Paella		8 oz. Beef Macaroni Casserole with 0.5 oz. Shredded Mozzarella		6 oz. Tortellini with 2 oz. Chicken Tender & 3 oz. Primavera Sauce		LS Ham Steak with 2 oz. Brown Sugar Glaze	91/3 60/15	Beer Battered Fish with Tartar Sauce	
Vegetables & Fruits	Corn with Red Pepper		Peas & Carrots		Italian Bean Medley		Sweet Potatoes		Tater Tots	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Pineapple Juice		Grape Juice		Zucchini & Tomatoes		Sauteed Cabbage		Au Gratin Broccoli	
Bread - 1 Slice or Alternate - ½ Cup	1/2 cup Rice & Black Beans		Multigrain Bread		Dinner Roll		Rye Bread		Multigrain Roll	
Dessert - ½ Cup	Peaches & Pears		Ice Cream/Ice Cream Novelty		Fresh Banana		Gingersnap Cookies		Strawberry Bavarian	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads			Chef Salad with Dressing							
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 10	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
	HOT MEAL									
Meat or Alternate 3oz. Cooked Edible Portion	Hamburger with 2 oz. Onion Gravy		Grilled Chicken Breast with 2 oz. Polynesian Sauce		Cheese Ravioli with 3 oz. Tomato Meatsauce & 0.5 oz. Shredded Mozzarella		8 oz. Chicken Vegetable Casserole		Pork Ribette with 2 oz. BBQ Sauce	
Vegetables & Fruits	Mashed Potatoes		Broccoli Florets		Peas		Mashed Potatoes		Cheesy Diced Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Harvard Beets		Carrots		Grape Juice		Green Beans		Brussels Sprouts	
Bread - 1 Slice or Alternate - ½ Cup	Wheat Hamburger Bun		1/2 cup White Rice		Italian Bread		Biscuit		Hot Dog Bun	
Dessert - ½ Cup	Tapioca Pudding		Pineapple Upside Down Cake		Chocolate Ice Cream		Cinnamon Applesauce		Seasonal Fresh Fruit	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12
Calorie Count										
Salads									Chef Salad with Dressing	
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 11										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Turkey Tetrazzini		Italian Sausage with 2 oz. Peppers, Onions and Tomato Sauce		4 oz. Shredded Beef in Gravy with Horseradish pkt.		Grilled Chicken Breast with 2 oz. Tikka Masala Sauce		Breaded Bone-In Pork Chop with 2 oz. Gravy	
Vegetables & Fruits	Carrots		Seasoned Roasted Potatoes		Cheesy Mashed Potatoes		Fruit Punch		Sweet Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x/Week	Apple Juice		Au Gratin Spinach		Broccoli Florets		Turmeric Roasted Cauliflower		Green Bean Casserole	
Bread - 1 Slice or Alternate - ½ Cup	Wheat Roll		Hot Dog Bun		Hamburger Bun		1/2 cup Basmati Rice		1/2 cup Stuffing	
Dessert - ½ Cup	Sugar Cookies		Brownie		Fresh Orange		Sherbet		Fruit Cocktail	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads							Marinated Cucumber Salad with Mint			
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 12										
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Chili con Carne with 0.5 oz. Shredded Cheddar		Bratwurst with 1/4 cup Sauerkraut & Mustard pkt.		Roasted Turkey with 2 oz. Gravy & Cranberry sauce pkt.		Stuffed Pepper with 2 oz. Tomato Meat Sauce		6 oz. Chicken a la King	
Vegetables & Fruits	Carrots		German Potato Salad		Mashed Potatoes		Garlic-seasoned Diced Potatoes		Mashed Potatoes	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Grape Juice		Green Beans with Red Pepper		Peas with Pearl Onions		Italian Bean Medley		California Blend Vegetables	
Bread - 1 Slice or Alternate - 1/2 Cup	Cornbread		Hot Dog Bun		1/2 cup Stuffing		Wheat Bread		Biscuit	
Dessert - 1/2 Cup	Fresh Pear		Apple Crisp with Whipped Topping		Pumpkin Bavarian		Mandarin Oranges & Apricots		Molasses Cookies	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12
Calorie Count										
Salads			Marinated Beet & Onion Salad							
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**MENU - Erie County Stay Fit Dining
STANDARD**

Date:

Revision:

WEEK #: 13					Soup & Sandwich					
	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	6 oz. Beef Strips in Swiss Gravy		Manicotti with 3 oz. Tomato Meat Sauce & 0.5 oz. Shredded Mozzarella		8 oz. Lentil Soup		Lemon-Herb Boneless Chicken Breast		Turkey Burger with 2 oz. BBQ Sauce	
Vegetables & Fruits	Mashed Potatoes		Cauliflower		4 oz. Shredded Pork in Gravy		Broccoli Cheese Rice Casserole		Cheesy Diced Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Green Beans		Fruit Punch		Brussels Sprouts		Carrots		Corn-on-the-Cob	
Bread - 1 Slice or Alternate - ½ Cup	Wheat Bread		Dinner Roll		Hamburger Bun		Whole Wheat Dinner Roll		Hamburger Bun	
Dessert - ½ Cup	Spice Cake with Frosting		Fresh Grapes		Chocolate Pudding with Whipped Topping		Angel Food Cake with 1/4 Pineapple		Fruited Gelatin	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	Chocolate Milk	140/20	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads									Marinated California Blend Vegetables	
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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**DINNER SAMPLE MENU - Erie County Stay
Fit Dining**

Hot Entrées

	Week of		Week of		Week of		Week of		Week of	
Hot Meal	Week 1		Week 2		Week 3		Week 4		Week 5	
Meat or Alternate 3oz. Cooked Edible Portion	Cabbage Roll with 2 oz. Savory Meat Sauce	252/25	Roasted Turkey with 2 oz. Gravy	135/5	Breaded Pork Chop with 2 oz. Gravy	197/18	Beer Battered Fish with Tartar Sauce	262/21	Lasagna Roll with 2 oz. Tomato Meat Sauce	
Vegetables & Fruits	Garlic Mashed Potatoes	110/21	Mashed Sweet Potatoes	91/21	Scalloped Potatoes	150/24	Broccoli Cheese Rice Casserole	167/14	Cauliflower	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Corn	67/16	Peas	62/11	Brussels Sprouts	33/6	Carrots	27/6	Grape Juice	
Bread - 1 Slice or Alternate - ½ Cup	Rye Bread	83/16	Stuffing	118/15	Dinner roll	78/13	Whole Wheat Dinner Roll	76/13	Dinner Roll	
Dessert - ½ Cup	Chocolate Éclair	160/16	Oatmeal Cookies	240/32	Apple Pie with Whipped Topping		Chocolate-swirl Ice Cream		Cheesecake with 1 oz. Strawberry Sauce	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	103/12	1% Milk	103/12	1% Milk	102/12	1% Milk	103/12	1% Milk	
		851		893						
Salads	Marinated Cucumber & Onion Salad	43/3	Molded Cranberry Salad	110/26	Chef Salad with Dressing	38/9	Coleslaw	98/11	Chef Salad with Dressing	

**DINNER SAMPLE MENU - Erie
County Stay Fit Dining**

Entrée Salad

	Week of		Week of		Week of		Week of		Week of	
Entrée Salad	Week 1		Week 2		Week 3		Week 4		Week 5	
Meat or Alternate 3oz. Cooked Edible Portion	Chicken Caesar Salad with 2 oz. Caesar Dressing, 1/2 oz. Parmesan Cheese & Croutons	613/20	Julienne Salad (1 oz. Ham, 1 oz. Turkey, 1/2 oz. Swiss Cheese & 1/2 HB Egg w/ 2 oz. Dressing & Croutons)	340/20	Two #8 Scoops Tuna Macaroni Salad	385/24	Grilled Chicken, Mandarin Orange & Sunflower Salad	332/21	Beef Taco Salad (3 oz. Taco- seasoned Ground Beef with 0.5 oz. Shredded Cheddar Cheese)	512/25
Vegetables & Fruits	1 Cup Fresh Salad Mix with Shredded Carrot & 1.5 Tbs. Fresh Green Pepper	included	1 Cup Fresh Salad Mix, Shredded Carrot & 1.5 Tbs. Fresh Green Pepper	included	1 Cup Fresh Salad Mix with Shredded Carrot & 1.5 Tbs. Fresh Green Pepper & 1 oz. Dressing	included	1 cup Fresh Salad Mix with Shredded Carrot, 1.5 Tbs. Fresh Green Pepper & 2 oz. Dressing	included	1 Cup Fresh Salad Mix with Shredded Carrot & 1.5 Tbs. Fresh Green Pepper & 2 oz. Zesty Italian Dressing	included
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Cherry Tomatoes - 1/2 Cup	included	Cherry Tomatoes - 1/2 Cup	included	Cherry Tomatoes - 1/2 Cup	included	1/2 cup Cherry Tomatoes	included	Corn & Black Bean Salsa - 1/2 Cup	included
Bread - 1 Slice or Alternate - 1/2 Cup	Dinner Roll	78/13	Dinner Roll	78/13	2 pkgs. Club Crackers	70/9	Dinner Roll		Tortilla Strips	78/9
Dessert - 1/2 Cup	Chocolate Éclair	160/16	Oatmeal Cookies	240/32	Coconut Cream Pie		Chocolate-swirl Ice Cream		Cheesecake with 1 oz. Strawberry Sauce	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	103/12	1% Milk	103/12	1% Milk	103/12	1% Milk	103/12	1% Milk	103/12

FROZEN MEAL SAMPLE MENU - Erie County Stay Fit Dining

	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	3 oz. Meatballs with 3 oz. Tomato Sauce		Buffalo Style Breaded Chicken Breast with 2 oz. Buffalo-style Sauce		8 oz. Beef Stew		Polish Sausage with 1/4 cup Sauerkraut		Bone-In Chicken Breast with Herbed Gravy	
Vegetables & Fruits	Cauliflower		Tater Tots		Mashed Potatoes		Seasoned Roasted Potatoes		Scalloped Potatoes	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Green Beans		Au Gratin Broccoli		Brussels Sprouts		Carrots		Peas with Pearl Onions	
Bread - 1 Slice or Alternate - ½ Cup	Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll	
Dessert - ½ Cup	Cookies		Fresh Fruit		Pudding		Fruit Cup		Fruit Cereal Bar	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads										
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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FROZEN MEAL SAMPLE MENU - Erie County Stay Fit Dining

	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	Roasted Turkey Breast with 2 oz. Gravy		Vegetable Lasagna with 2 oz. Cream Sauce		Steakhouse Burger with 2 oz. Gravy		Breaded Pork Chop with 2 oz. Gravy		Ancho Chicken Fajita Skillet with 2 oz. Peppers, Onions & Salsa	
Vegetables & Fruits	Sweet Potatoes		Peas		Mashed Potatoes		Lazy Pierogi		Spanish Rice	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Green Bean Casserole		Cauliflower		Lima Bean Bake		Orange-glazed Carrots		Fiesta Corn	
Bread - 1 Slice or Alternate - ½ Cup	Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll	
Dessert - ½ Cup	Cookies		Gelatin Cup		Pudding		Fruit Cup		Fresh Fruit	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads										
DIET Dessert - 1/2 Cup										
Diet Calorie Count										
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FROZEN MEAL SAMPLE MENU - Erie County Stay Fit Dining

	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	Grilled Chicken Breast with 2 oz. Marsala Sauce		6 oz. Beef Pepper Steak Casserole	212/6	Stuffed Shells with 3 oz. Tomato Meat Sauce		Swedish Meatballs (3 oz. Meatballs with 3 oz. Creamy Swedish Gravy)	235/11	Beer Battered Fish	
Vegetables & Fruits	Mashed Potatoes		Broccoli Florets		Cauliflower		Peas		Broccoli Cheese Rice Casserole	
2- (½ Cup) Servings Vitamin C - Daily Vitamin A 3x Week	French Green Beans with Shredded Carrot		Carrots		Italian Bean Medley		Harvard Beets		Zucchini & Tomatoes	
Bread - 1 Slice or Alternate - ½ Cup	Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll	
Dessert - ½ Cup	Cookies		Fresh Fruit		Pudding		Fruit Cup		Fruit Cereal Bar	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads										
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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FROZEN MEAL SAMPLE MENU - Erie County Stay Fit Dining

	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	Cheese Omelet with 2 oz. Cheese Sauce		1/2 cup Baked Rigatoni with 3 oz. Italian Sausage & 3 oz. Tomato Sauce		Roast Beef with 2 oz. Gravy		Breaded Chicken Patty with 2 oz. Gravy		6 oz. Turkey a la King	
Vegetables & Fruits	Tater Tots		California Blend Vegetables		Scalloped Potatoes		Cheesy Mashed Potatoes		Green Beans	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Peppers, Onions & Tomatoes		Peas		Brussels Sprouts		Seasoned Spinach		1/2 cup White Rice	
Bread - 1 Slice or Alternate - 1/2 Cup	Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll	
Dessert - 1/2 Cup	Fruit Cup		Cookies		Gelatin Cup		Fruit Cereal Bar		Fresh Fruit	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads										
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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FROZEN MEAL SAMPLE MENU - Erie County Stay Fit Dining

	MONDAY	CAL/CHO	TUESDAY	CAL/CHO	WEDNESDAY	CAL/CHO	THURSDAY	CAL/CHO	FRIDAY	CAL/CHO
HOT MEAL										
Meat or Alternate 3oz. Cooked Edible Portion	8 oz. Cabbage Roll Casserole		Hot Dog with 1/4 cup Baked Beans		Grilled Chicken Breast with 2 oz. Mushroom Gravy		6 oz. Beef Bourguignon	127/2 25/4	6 oz. Cheese Tortellini with 2 oz. Chicken Tender & 3 oz. Red Pepper Cream Sauce	
Vegetables & Fruits	Garlic Mashed Potatoes		Macaroni & Cheese		Broccoli Florets		Mashed Potatoes		Cauliflower	
2- (1/2 Cup) Servings Vitamin C - Daily Vitamin A 3x Week	Corn		Carrots		Vegetable Rice Pilaf		Peas		Green Beans	
Bread - 1 Slice or Alternate - 1/2 Cup	Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll		Dinner Roll	
Dessert - 1/2 Cup	Cookies		Fresh Fruit		Fruit Cup		Pudding		Fruit Cereal Bar	
Butter - 1 tsp.	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0	Butter	34/0
Milk - 1 cup Vitamin D Fortified 1% or 2% Fat	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12	1% Milk	102/12
Calorie Count										
Salads										
DIET Dessert - 1/2 Cup										
Diet Calorie Count										

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AFRICAN AMERICAN AND HISPANIC SAMPLE MENU ITEMS

African American

Southern Style Beef Stew
Chicken Leg Quarter w/ BBQ Sauce
Boneless Chicken Breast w/ seasoned bell pepper strips and onion
Breaded Boneless Pork Chop w/ gravy
Creole Baked Tilapia w/ Creole Sauce
Baked Cod w/ Creole Sauce
Carne Guisade (beef stew)

Seasoned Mixed Greens
Cracklin' Bread
Hopping John (peas and rice)
Spanish Bean Medley
Creole Corn w/ Okra
Seasoned Red beans and Rice
Sweet potato casserole
Collard greens
Rice with pigeon peas
Seasoned mixed greens
Grits and cheese
Fresh Yams

Southern Banana Pudding
Rice pudding
Bread pudding

Hispanic

Sanocho De Cerdo (pork stew)
Creole Baked Tilapia w/ creole sauce
Carne Guisade
Pernil Pulled Pork
Baked Chicken leg and thigh with gravy
Panko breaded chicken thigh
Boneless Chicken Breast w/ seasoned bell pepper strips and onion

Red Beans and Rice
Fresh Plantain
Spanish bean medley
Rice with pigeon peas
Fresh Yams
Mango Nectar
Guava Nectar
Romano Vegetable
Fresh Yuca
Malanga
Calabaza
Seasoned mixed Greens
Tapioca Pudding

Rice Pudding
Diced mango
Creamy Flan
Baked Flan
Tembleque

