



# Erie County Stay Fit Dining Program

## October 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Sweet & Sour Meatballs over Pasta Cauliflower Green Beans Oatmeal Cookies (810)	<b>1</b> Breaded Chicken with Buffalo-style Sauce on a Bun Tater Tots Broccoli Florets Fresh Banana <i>Chocolate Milk</i> (824)	<b>2 50<sup>th</sup> Anniversary Luncheon</b> Chicken Cordon Bleu with Creamy Herb Gravy Vegetable Rice Pilaf California Blend Vegetables Chef Salad with Dressing Dinner Roll Apple Pie with Whipped Topping (1077)	<b>3</b> Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding (788)	<b>4</b> Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Chocolate Brownie (683)
<b>7</b> Chicken Breast with Polynesian Sauce White Rice Carrots Fruit Punch Chocolate Chip Cookies (674)	<b>8 Oktoberfest</b> Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Éclair (925)	<b>9</b> Beef Barley Soup with Crackers Corn Green Beans Mandarin Oranges <i>Chocolate Milk</i> (621)	<b>10</b> Breaded Chicken with Tomato Sauce & Mozzarella over Pasta Peas Grape Juice Butterscotch Pudding (876)	<b>11</b> Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Fudge Round (838)
<b>14</b> Turkey in Gravy Mashed Sweet Potatoes Green Beans Corn Muffin Brownie (669)	<b>15</b> Swedish Meatballs over Pasta Harvard Beets Peas Fresh Orange <i>Chocolate Milk</i> (688)	<b>16</b> Vegetable Lasagna with Cream Sauce Broccoli Florets Chef Salad with Dressing Wheat Dinner Roll Vanilla Pudding (789)	<b>17</b> Ancho Chicken with Peppers, Onions, Salsa & Shredded Cheddar Spanish Rice Fiesta Corn Apple Juice Chef Salad with Dressing Tropical Fruit (758)	<b>18</b> Breaded Pork Chop with Gravy Lazy Pierogi California Mixed Vegetables Rye Bread Applesauce (649)
<b>21</b> Stuffed Shells with Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Sugar Cookies (884)	<b>22</b> Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Fruit Cocktail <i>Chocolate Milk</i> (609)	<b>23 Entrée Salad</b> Grilled Chicken Caesar Salad on Fresh Salad Greens with Caesar Dressing Multigrain Bread Mandarin Oranges (797)	<b>24</b> Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Lemon Ice (847)	<b>25</b> Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Chocolate Pudding (681)
<b>28</b> Cheese Omelet with Peppers, Onions & Tomatoes Tater Tots Au Gratin Spinach Raisin Bread Pineapple Tidbits (689)	<b>29</b> Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Grape Juice Dinner Roll Peaches <i>Chocolate Milk</i> (755)	<b>30</b> Turkey a la King with White Rice Green Beans Orange Pineapple Juice Strawberry Gelatin (612)	<b>31 Happy Halloween</b> Breaded Chicken Drumsticks Duchess Mashed Potatoes Peas Chef Salad with Dressing Dinner Roll Banana Cream Pie (1140)	<b>1</b> Hungarian Goulash over Rotini Pasta Carrots Broccoli Florets Vanilla Ice Cream (648)