



Erie County Stay Fit Dining Program Menu



April, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Boneless Chicken breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Fruit Cocktail (570)	Julienne Salad with Dressing Whole Wheat Dinner Roll Chocolate Chip Cookies (766)	Breaded Bone-in Pork Chop with Herbed Gravy Scalloped Potatoes Peas with Pearl Onions Chef Salad with Dressing Dinner Roll Coconut Cream Pie (996)	6 Tortellini with Tomato Meat Sauce & Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (708)	7 No Meals Served
10 Dyngus Day Lunch Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Chocolate Éclair (813)	11 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Broccoli Florets Lorna Doones (712)	12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cottage Mixed Vegetables Chef Salad with Dressing Fresh Grapes Chocolate Milk (704)	13 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (674)	14 Beer Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini Coleslaw Rye Bread Brownie (815)
17 Breaded Chicken Breast with Buffalo-style Sauce Seasoned Spinach Corn with Red Pepper Whole Wheat Roll Chocolate Pudding (667)	18 Steakhouse Burger with Gravy on a Bun Cheddar Mashed Potatoes Lima Bean Bake Tropical Fruit (852)	19 592-2764 592-2768	20 Chicken Breast with Primavera Sauce over Penne Pasta Italian Vegetables Grape Juice Fresh Banana Chocolate Milk (654)	21 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)
24 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Cinnamon Streusel Cake (739)	25 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Pineapple & Mandarin Oranges Chocolate Milk (792)	26 Entrée Salad Grilled Chicken Caesar Salad with Caesar Dressing Rye Bread Sugar Cookies (737)	27 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (779)	28 STAFF COOKING Tuna Noodle Casserole Cole Slaw Bread & Butter Yummy Dessert