



# Erie County Stay Fit Dining Program

## Standard Menu

May 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Cheese Omelet with Peppers, Onions, Tomatoes &amp; Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)</p>	<p><b>3</b> Rigatoni with Italian Sausage &amp; Tomato Sauce Cauliflower <b>Chef Salad with Dressing</b> Dinner Roll Peach Bavarian (783)</p>	<p><b>4</b> <i>Mother's Day Luncheon</i> Chicken Piccata with Lemon Caper Sauce Roasted Rosemary Potatoes Broccoli Florets Dinner Roll <b>Chef Salad with Dressing</b> Cheesecake with Strawberry Topping (874)</p>	<p><b>5</b> Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa &amp; Shredded Cheddar Flour Tortilla <b>Chef Salad with Dressing</b> Spanish Rice Fiesta Corn Sherbet (960)</p>	<p><b>6</b> Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Fresh Orange Chocolate Milk (778)</p>
<p><b>9</b> Breaded Chicken Breast with Herb Gravy Mashed Potatoes Lima Bean Bake Dinner Roll Fresh Apple Chocolate Milk (775)</p>	<p><b>10</b> Stuffed Shells with Tomato Meat sauce &amp; Mozzarella <b>Chef Salad with Dressing</b> Cauliflower Italian Bread Shortbread Cookies (864)</p>	<p><b>11</b> BBQ Pork Ribette Scalloped Potatoes Peas with Red Pepper Hot Dog Bun Chocolate Bavarian (863)</p>	<p><b>Entree Salad</b> Cranberry Chicken Salad on a Bed of Fresh Salad Greens Club Crackers Ice Cream (733)</p>	<p><b>13</b> Roast Beef with Horseradish &amp; Gravy on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (773)</p>
<p><b>16</b> <b>Soup &amp; Salad</b> Chicken &amp; Wild Rice Soup Broccoli Florets <b>Chef Salad with Dressing</b> Whole Wheat Dinner Roll Shortbread Cookies (752)</p>	<p><b>17</b> Beef Stew with a Biscuit Brussels Sprouts Cinnamon Applesauce Chocolate Milk (675)</p>	<p><b>18</b> Cheese Tortellini with Chicken &amp; Roasted Red Pepper Sauce Carrots <b>Chef Salad with Dressing</b> Italian Bread Strawberry Bavarian (610)</p>	<p><b>19</b> Turkey with Stuffing &amp; Gravy <b>Molded Cranberry Salad</b> Mashed Butternut Squash Green Beans Fresh Orange (642)</p>	<p><b>20</b> Stuffed Pepper with Tomato Meat sauce Seasoned Mashed Potatoes Corn Dinner Roll Fruit Compote (699)</p>
<p><b>23</b> Polynesian Chicken over Rice California Blend Vegetables Zucchini &amp; Summer Squash Chocolate Cake with Chocolate Frosting (761)</p>	<p><b>24</b> Sloppy Joe on a Wheat Roll Cheesy Mashed Potatoes Broccoli Tropical Fruit (754)</p>	<p><b>Entree Salad</b> Southwestern Steak Salad with Ranch Dressing Dinner Roll Fresh Banana Chocolate Milk (962)</p>	<p><b>26</b> Vegetable Quiche with Cheese Sauce Seasoned Spinach Harvard Beets Blueberry Muffin Mandarin Oranges (883)</p>	<p><b>Breaded Chicken Drumsticks</b> Broccoli Cheese Casserole Carrots Wheat Dinner Roll <b>Chef Salad with Dressing</b> Apple Pie with Whipped Topping (1145)</p>
<p><b>30 No Meals Served</b></p>	<p><b>31</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Apple Chocolate Milk (781)</p>	<p><b>1</b> Whole Grain Pasta with Meatsauce <b>Chef Salad with Dressing</b> Dinner Roll Carrots Tapioca Pudding (878)</p>	<p><b>2</b> <b>Soup &amp; Salad</b> Beef Barley Soup Rye Bread <b>Chef Salad with Dressing</b> Cauliflower Grape Juice Chocolate Mousse (740)</p>	<p><b>3</b> Roast Pork with Warm Cinnamon Apples Mashed Butternut Squash Sautéed Cabbage with Dill Wheat Bread Frosted Spice Cake (697)</p>

