

Erie County Stay Fit Dining Program
Standard Menu
May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Seasoned Spinach Raisin Bread Fruit Compote (632)	2 Breaded Pork Chop with Gravy Lazy Pierogi Peas <i>Marinated Beet & Onion Salad</i> Dinner Roll Cinnamon Pear Crisp (794)	3 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (746)	4 Kentucky Derby Day Open-faced Hot Brown Sandwich on Multigrain Bread Seasoned Diced Potatoes Carrots <i>Four Bean Salad</i> Brownie with Caramel Sauce (834)	5 Cinco de Mayo Ground Beef Taco with Lettuce, Tomato & Cheddar Cheese in a Taco Shell Spanish Rice Fiesta Corn Key Lime Pie (980)
8 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Peppers Ice Cream (865)	9 Stuffed Shells with Tomato Meat sauce & Mozzarella Grape Juice Cauliflower Italian Bread Shortbread Cookies (874)	10 Mother's Day Lunch Chicken Kiev with Herb Sauce Vegetable Rice Pilaf Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Cheesecake with Chocolate Sauce (1133)	11 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Dressing Whole Wheat Crackers Fresh Apple <i>Chocolate Milk</i> (732)	12 Roast Beef with Horseradish & Gravy on a Bun Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (772)
15 Ham Steak with Pineapple Sauce Sweet Potatoes Creamy Cabbage with Dill Whole Wheat Dinner Roll Shortbread Cookies (682)	16 Beef Stew Brussels Sprouts <i>Chef Salad with Dressing</i> Warm Biscuit Cinnamon Applesauce (715)	17 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Carrots Italian Mixed Vegetables Italian Bread Fresh Orange <i>Chocolate Milk</i> (610)	18 Turkey with Stuffing & Gravy <i>Molded Cranberry Salad</i> Mashed Butternut Squash Green Bean Casserole Fruit Compote (669)	19 Stuffed Pepper with Tomato Meat sauce Mashed Potatoes Broccoli Florets Dinner Roll Strawberry Bavarian (799)
22 Polynesian Chicken over Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Frosting (671)	23 Sloppy Joe on a Wheat Roll Tater Tots Mixed Vegetables Tropical Fruit (838)	24 Entrée Salad Greek Grilled Chicken Breast Salad with Greek Dressing Multigrain Bread Fresh Banana <i>Chocolate Milk</i> (840)	25 Vegetable Quiche with Cheese Sauce Green Beans Harvard Beets Honey Bran Square Mandarin Oranges (711)	26 Memorial Day Lunch Breaded Chicken Drumsticks <i>Macaroni Salad</i> Au Gratin Broccoli Fruit Punch Dinner Roll Vanilla Ice Cream with Chocolate Sauce (1086)
29 No Meals Served 	30 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Florets Fruit Cocktail (691)	31 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce <i>Chocolate Milk</i> (711)	1 Soup & Salad Creamy Tomato Soup <i>Chef Salad with Dressing & Garbanzo Beans</i> Macaroni & Cheese Cauliflower Chocolate Mousse (719)	2 Breaded Pork Chop with Warm Cinnamon Apples Mashed Butternut Squash Creamy Cabbage with Dill Wheat Bread Frosted Spice Cake (779)