

Erie County Stay Fit Dining Program Ken Ton

**STANDARD
June 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
May 29 Memorial Day Holiday No Meals Served	May 30 Barbecue Pulled Pork Roasted Red Potatoes with Green Pepper Hubbard Squash Hamburger Roll Homemade Cookie (834)	May 31 Baked Cod with Mango Salsa Rice Pilaf Broccoli Carrots Roll Vanilla Pudding (631)	June 1 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Roll Lemon Cranberry Cookie (698)	2 Chicken & Sausage Jambalaya Rice Yellow Squash Roll Apricots (736)
5 Beef Chili con Carne with Grated Cheddar Cheese Brown Rice Carrots & Broccoli Crackers Vanilla Frosted Chocolate Cake (850)	6 Breaded Fish with Lemon Cream Sauce Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Fruit & Yogurt Parfait (800)	7 Italian Sausage with Peppers & Onions & Tomato Sauce Peas Bermuda Vegetable Blend Hot Dog Roll Lemon Cookie (789)	8 Side Salad Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese California Mix Vegetables Chef Salad with Dressing Coffee Parfait (713)	9 Meatloaf with Gravy Mashed Potatoes Country Cottage Mix Vegetables Bread Boston Cream Parfait (876)
12 Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Stuffing Cranberry Jello (582)	13 Pork Ribette with Barbecue Sauce Roasted Red Potatoes with Green Pepper Seasoned Spinach with Mushrooms Roll Fruit Crisp (838)	14 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Dressing Apple Pie (979)	15 Steakette Burger with Low Sodium Mushroom Gravy Mashed Potatoes Mixed Vegetables Rye Bread Brownie (956)	16 Happy Father's Day Pulled Pork Slider Brioche Roll Sweet & Sour Slaw with Carrot Garnish Yellow Squash Tater Tots Homemade Cookie (917)
19 Juneteenth Holiday No Meals Served	20 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (890)	21 Sliced Roast Beef with Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (864)	22 Philly Macaroni & Cheese Carrots Cauliflower Dinner Roll Orange Parfait (718)	23 Bratwurst with Baked Beans Roasted Potatoes Vegetable Medley Roll Mandarin Oranges & Pineapple (866)
26 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Roll Tropical Fruit (640)	27 Boneless Breaded Chicken Breast with Low Sodium Gravy Rice Pilaf Broccoli Wheat Dinner Roll Orange (625)	28 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Strawberry Yogurt Parfait (796) **Menu subject to change**	29 Homemade Goulash with Mozzarella Cheese Spinach Cauliflower Italian Bread Ginger Cookie (756)	30 Seasoned Chicken Strips with Onion & Pepper Oriental Vegetables Carrots Rice & Roll Apricots (608)

