



# Erie County Stay Fit Dining Program Ken Ton

Call 874-3266 to order or cancel a meal

August 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Pot Roast Mashed Potatoes Mixed Vegetables Biscuit Strawberry Gelatin with Fruit Cocktail (713)	<b>2</b> Breaded Fish with Lemon & Tartar Broccoli Cheese Rice Casserole Zucchini with Diced Tomatoes Wheat Bread Pineapple Upside Down Cake (748)	<b>3</b> Pork Ribette with Barbecue Sauce Scalloped Potatoes California Mix Vegetables Dinner Roll Peach Cobbler (820)	<b>4</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Lemon Parfait (719)	<b>5</b> Baked Chicken Breast with Gravy Roasted Red Potatoes with Green Pepper Hubbard Squash Roll Homemade Cookie (708)
<b>8</b> Turkey Breast with Gravy Orange Glazed Carrots Cauliflower Dressing Chocolate Chip Cookie (830)	<b>9</b> Beef Stew Brussels Sprouts Biscuit Apple Tart (622)	<b>10</b> Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli & Carrots Italian Bread Fruit Cocktail (675)	<b>11</b> Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Dinner Roll Homemade Cookie (734)	<b>12</b> Chicken Cordon Bleu Carrots Broccoli Rice Ambrosia (769)
<b>15</b> Boneless Breaded Chicken Breast with Diced Tomato Sauce & Mozzarella Cheese Pasta Dinner Roll Seasoned Spinach Tropical Fruit (647)	<b>16</b> Barbecue Pulled Pork Roasted Red Potatoes with Green Pepper Hubbard Squash Hamburger Roll Homemade Cookie (817)	<b>17</b> Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Carrots Rye Bread Apple (671)	<b>18</b> Herb Crusted Tilapia with Lemon Wedge Coleslaw German Potato Salad Cornbread Fruit Parfait (839)	<b>19</b> Polynesian Chicken Cauliflower Carrots White Rice Chocolate Cake (791)
<b>22</b> Sweet & Sour Chicken Fiesta Corn California Mix Vegetables Rice Lemon Berry Pudding (799)	<b>23</b> Braised Pork Shank with Warm Cinnamon Apples Mashed Potatoes Roasted Carrots Wheat Bread Chocolate Mousse (739)	<b>24</b> Sliced Roast Turkey with Gravy Mashed Sweet Potato Peas Dressing Fruited Tapioca (645)	<b>25</b> Shepherd's Pie Warm Apple Slices Garlic Biscuit Chocolate Cherry Cookie (775)	<b>26 Side Salad</b> Rotini with Meatballs and Tomato Sauce Roll Cauliflower Chef Salad, Dressing Fruit Cocktail (768)
<b>29</b> Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Dinner Roll Fruit Crisp (707)	<b>30</b> Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Cauliflower Spinach Pasta Dinner Roll Tropical Fruit (689)	<b>31</b> Baked Cod with Mango Salsa Broccoli Carrots Rice Pilaf Roll Lemon Cake Vanilla Pudding (631)	<b>Sept. 1</b> Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (696)	<b>2 Labor Day Meal</b> Grilled Bratwurst with Baked Beans Red Potatoes Mixed Vegetables Hoagie Roll Raspberry Yogurt Parfait (887)



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		**Menu is subject to change**		
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