

Erie County Stay Fit Dining Program Ken Ton

Please call 874-3266 to cancel or order a meal

June 2021



Monday	Tuesday	Wednesday	Thursday	Friday
May 31 Memorial Day Holiday No Meals Served	June 1 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Pasta Dinner Roll Tropical Fruit (618)	2 Baked Cod with Mango Salsa Rice Pilaf Broccoli Carrots Lemon Cake Chocolate Milk (722)	3 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	4 Sausage Jambalaya Rice Yellow Squash Whole Wheat Dinner Roll Strawberry Shortcake (906)
7 Turkey Chili con Carne with Grated Cheddar Cheese Brown Rice Carrots Cornbread Apple (779)	8 Breaded Fish with Lemon Cream Sauce Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Fruit & Yogurt Parfait (882)	9 Italian Sausage with Peppers & Onions & Tomato Sauce Peas Corn Soft Roll Boston Cream Pie (1001)	10 Side Salad Homemade Macaroni & Cheese with Bacon Bermuda Vegetable Blend Chef Salad with Dressing Raspberry Cake (949)	11 Meatloaf with Gravy Mashed Potatoes Country Cottage Mix Vegetables Bread German Chocolate Cake (929)
14 Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Stuffing Apple Pie (744)	15 Pork Ribette with Barbecue Sauce Roasted Red Potatoes with Green Pepper Seasoned Spinach with Mushrooms Soft Roll Fruit Crisp (895)	16 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Classique Dressing Homemade Cookie (1048)	17 Steakette Burger with Mushroom Gravy Mashed Potatoes Corn Rye Bread Apricots (899)	18 Happy Father's Day Pulled Pork Slider Brioche Roll Sweet & Sour Slaw with Carrot Garnish Yellow Squash Tater Tots Cherry Pie (1084)
21 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Snickerdoodle Cookie(799)	22 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (875)	23 Sliced Roast Beef with Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (946)	24 Salmon Fillet with Creamy Dill Sauce Home Fries Seasoned Spinach Dinner Roll Peaches (748)	25 Bratwurst with Baked Beans Mixed Vegetables Roasted Potatoes Hoagie Roll Mandarin Oranges & Pineapple (847)
28 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Tropical Fruit (563)	29 Boneless Breaded Chicken Breast with Lemon Cream Sauce Rice Pilaf Peas Wheat Dinner Roll Orange (623)	30 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Chocolate Cherry Cake (919) **Menu subject to change**	July 1 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Strawberry Yogurt Parfait (695)	2 Independence Day Burger on a Bun Sweet Potato Tater Tots Baked Beans Confetti Corn Apple Pie (1017)