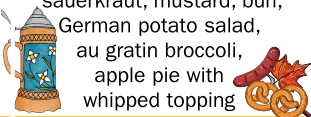


OCTOBER MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH IS SERVED AT 12:15pm. Call 716-633-5138 or stop in office to signup. Reservations required 48 hours in advance. Recommended donation of \$3.50 per meal unless noted otherwise.				
		1 ENTREE SALAD Tuna macaroni salad on salad greens, Club Crackers, tropical fruit	2 Hot dog, baked beans, ketchup, bun, macaroni & cheese, broccoli, orange, chocolate milk	3 Stuffed pepper with savory sauce, mashed potatoes, carrots, Italian bread, pineapple tidbits
6 Hearty beef stew, mashed potatoes, Brussels sprouts, biscuit, vanilla pudding	7 Oktoberfest Polish sausage with sauerkraut, mustard, bun, German potato salad, au gratin broccoli, apple pie with whipped topping 	8 Breaded chicken cutlet with Buffalo sauce, bun, tater tots, peas with red pepper, banana, chocolate milk	9 Roasted turkey with stuffing, gravy & cranberry sauce, mashed butternut squash, corn, salad, mandarin oranges	10 Omelet with cheese sauce, potatoes O'Brien, green beans, raisin bread, tropical fruit ANGEL FOOD CAKE DAY: \$1 special dessert
13 CENTER CLOSED 	14 Breaded chicken cutlet with herb gravy, sweet potatoes, lima bean bake, roll, orange	15 Swedish meatballs over pasta, peas, Harvard beets, salad, pineapple tidbits	16 Hearty pork stew, mashed potatoes, carrots, roll, strawberry gelatin	17 Steakhouse burger with gravy on bun, corn with red pepper, au gratin spinach, mandarin oranges, chocolate milk
20 Chicken breast with marsala sauce, garlic mashed potatoes, peas with pearl onions, wheat roll, Lorna Doones	21 Beef pepper steak casserole with white rice, broccoli, carrots, diced pears	22 Roast pork with warm cinnamon apples, sweet potatoes, green beans, wheat bread, butterscotch pudding	23 ENTREE SALAD Garden chicken patty salad with cheddar cheese & ranch dressing, multigrain bread, banana, chocolate milk	24 Stuffed shells with tomato meat sauce & mozzarella, cauliflower, fruit punch, salad, Italian bread, lemon ice
27 Turkey a la King, mashed potatoes, carrots, biscuit, chocolate pudding	28 ENTREE SALAD Beef taco salad with taco sauce & tortilla strips, pineapple tidbits, chocolate milk	29 Baked rigatoni with Italian sausage, tomato sauce & mozzarella, California blend vegetables, fruit punch, salad, roll, banana	30 Lower sodium baked ham with pineapple sauce, scalloped potatoes, Brussels sprouts, wheat roll, chocolate brownie	31 HAPPY HALLOWEEN Breaded chicken drumsticks, Duchess mashed potatoes, green beans, roll, banana cream pie

Thursday hours starting October 1: 9am-4pm (no dinner will be served on Thursday nights)

TUESDAY DINNERS Suggested donation \$3.50. Dinner is served at 5pm.

Tuesday, 10/7: Chili con carne, cheddar cheese, carrots, apple juice, salad, corn muffin, ice cream cup

Tuesday, 10/14: Ham steak with pineapple sauce, scalloped potatoes, Brussels sprouts, multigrain bread, coconut cream pie

Tuesday, 10/21: Ancho chicken fajita skillet with peppers, onions & salsa, cheddar cheese, salad, corn with red pepper, flour tortilla, banana cream pie

Tuesday, 10/28: Cabbage roll with meat sauce, garlic mashed potatoes, peas, whole wheat roll, sugar cookies



Fri. Nov. 7 @ 12:15pm
Veterans Day Lunch



Tues. Nov. 25 @ 12:15pm
Thanksgiving meal w/ The Hastings Duo



Wed. Dec. 10
Holiday Gala @ Ripa's Restaurant



Per Erie County Stay Fit Dining Program regulations, leftovers cannot be put in containers and taken home. Meals must be eaten on the premises.

Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen. If you have a food allergy, please notify us.

If an additional fee is noted, that is to cover the cost of entertainment and food that is not provided by Erie County meal program.