

SEPTEMBER MENU – ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED 	2 Chicken & sausage paella, rice with black beans, corn with red peppers, cauliflower, chocolate pudding	3 Breaded chicken patty with Buffalo sauce on bun, mashed potatoes, carrots, fudge round cookie	4 ENTREE SALAD Chicken Caesar salad with parmesan cheese, croutons & Caesar dressing, roll, tropical fruit, chocolate milk	5 PICNIC IN THE PARK PICNIC IN THE PARK 12-3pm 1-3pm Hastings Duo 5400 Goodrich Rd. \$7 per person See pg. 5. <i>No lunch served at Center.</i>
8 Hearty turkey stew, garlic mashed potatoes, green beans, roll, mandarin oranges	9 Meatballs with sweet chili sauce over rice, broccoli, carrots, strawberry gelatin	10 Cheese tortellini with meat sauce & mozzarella, mixed vegetables, salad, grape juice, Italian bread, banana, chocolate milk	11 Pork loin with gravy, mashed potatoes, Brussels sprouts, roll, applesauce	12 Beer battered fish with tartar sauce, broccoli cheese rice casserole, zucchini & tomatoes, wheat roll, pineapple tidbits
15 Pork ribette with BBQ sauce on a bun, duchess potatoes, carrots, tropical fruit	16 ENTREE SALAD Mandarin chicken & sunflower salad, wheat roll, chocolate covered ice cream bar	17 Italian sausage with peppers, onions & tomato sauce on bun, roasted red potatoes, green beans, orange, chocolate milk	18 Savory beef bourguignon, mashed potatoes, corn, roll, sugar cookies	19 Stuffed shells with tomato meat sauce & mozzarella, broccoli, fruit punch, salad, Italian bread, lemon ice
22 WELCOME FALL LUNCH Broccoli-stuffed chicken with creamy herb gravy, scalloped potatoes, peas with red peppers, rye bread, apple pie with whipped topping	23 Chili con carne, cheddar cheese, carrots, apple juice, salad, corn muffin, banana 30 PASTA, DESSERT BAR & LIVE MUSIC Lasagna rolls and/or shells w/ tomato meat or alfredo sauce, vegetables, salad & dessert bar. Live music from Brother James 1-3pm. Cost \$5. Sign up & pay in office	24 Hearty pork stew, mashed potatoes, green beans, roll, applesauce	25 CENTER CLOSED 26 CENTER CLOSED CENTER CLOSED FOR PARKING LOT LINE PAINTING 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. <i>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.</i>	
29 Chicken breast with taco seasoned peppers, onions & tomatoes, spanish rice, fiesta corn, orange-pineapple juice, strawberry gelatin				

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

Tuesday, 9/2: Polish sausage, sauerkraut, mashed potatoes, lima bean bake, bun, chocolate chip cookies

Thursday, 9/4: Cranberry chicken salad, carrots, cherry tomatoes, club crackers, chocolate chip cookies

Tuesday, 9/9: Lasagna roll with meat sauce, mozzarella, green beans, grape juice, roll, salad, sherbet

Thursday, 9/11: Greek chicken salad, carrots, cherry tomatoes, Greek dressing, roll, sherbet

Tuesday, 9/16: Breaded chicken drumsticks, ranch mashed potatoes, mixed vegetable, whole wheat roll, salad, butterscotch pudding with whipped topping

Thursday, 9/18: Beef taco salad, tortilla strips, butterscotch pudding with whipped topping

Tuesday, 9/23: Meatloaf with gravy, garlic mashed potatoes, Brussels sprouts, rye bread, salad, cherry pie with whipped topping

Thursday, 9/25: CENTER CLOSED

Tuesday, 9/30: Cheese tortellini with grilled chicken and red pepper cream sauce, California mixed vegetables, apple juice, multigrain bread, chocolate cream pie