




## JULY MENU - ERIE COUNTY STAY FIT DINING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH IS SERVED AT 12:15pm.</b> <b>Recommended donation of \$3.50 per meal unless noted otherwise.</b> <small>Call 716-633-5138 or stop in office to sign up. Reservations required 48 hours in advance.</small>	<b>1</b> Lasagna roll, tomato meat sauce, mozzarella, cauliflower, peas, salad roll, orange, chocolate milk	<b>2 ENTREE SALAD</b> Tuna macaroni salad, Club Crackers, tropical fruit	<b>3 JULY 4<sup>th</sup> LUNCH</b> Hot dog, baked beans, ketchup, bun, macaroni & cheese, broccoli, fruit punch, ice cream sandwich	<b>4 CENTER CLOSED</b> 
<b>7</b> Hearty beef stew, mashed potatoes, Brussels sprouts, biscuit, vanilla pudding	<b>8</b> Breaded chicken patty, Buffalo sauce on bun, tater tots, au gratin broccoli, banana, chocolate milk	<b>9</b> Polish sausage, sauerkraut, mustard on bun, ranch mashed potatoes, carrots, fudge round cookie	<b>10</b> Roasted turkey, stuffing, gravy & cranberry sauce, mashed butternut squash, corn, salad, mandarin oranges	<b>11</b> Omelet with cheese sauce, potatoes O'Brien, green beans, raisin bread, tropical fruit
<b>14</b> Lasagna roll, tomato meat sauce, mozzarella, broccoli, grape juice, Italian bread, sugar cookies	<b>15</b> Swedish meatballs over pasta, peas, Harvard beets, pineapple tidbits	<b>16</b> Breaded chicken with gravy, sweet potatoes, lima bean bake, salad, roll, fruit cocktail	<b>17</b> Hearty pork stew, mashed potatoes, carrots, roll, strawberry gelatin	<b>18 PICNIC IN THE PARK</b> 12-3pm, Town Place Park 5400 Goodrich Rd. Italian sausage, peppers & onions, mac salad, watermelon, soda. 1-3pm: DJ BIGGS 50/50 & Basket Raffle Cost: \$7. Pay in office when you sign up No meals served at the Center.
<b>21</b> Chicken breast, marsala sauce, garlic mashed potatoes, peas with pearl onions, wheat roll, mandarin oranges	<b>22</b> Beef pepper steak casserole with white rice, broccoli, carrots, diced pears	<b>23</b> Roast pork with warm cinnamon apples, sweet potatoes, green beans, wheat bread, butterscotch pudding	<b>24 ENTREE SALAD</b> Garden chicken patty salad, cheddar, croutons, ranch dressing, multigrain bread, banana, chocolate milk	<b>25 XMAS IN JULY</b> Roast beef, horseradish, gravy, scalloped potatoes, Brussels sprouts, salad, rye bread, cheesecake with chocolate sauce. Dress in your favorite Christmas outfit. Prizes & surprises!
<b>28</b> Turkey a la King, mashed potatoes, carrots, warm biscuit, chocolate pudding  This symbol means you need to pay when you sign up	<b>29 ENTREE SALAD</b> Beef taco salad, cheddar cheese, salsa, tortilla strips, pineapple tidbits, chocolate milk	<b>30</b> Rigatoni with Italian sausage, tomato sauce & mozzarella, California blend vegetables, fruit punch, salad, banana	<b>31</b> Breaded chicken patty, gravy, wheat bun, potatoes O'Brien, au gratin spinach <b>MAKE YOUR OWN SUNDAE BAR: \$3</b> Pay when you arrive at lunch.	

Call 716-633-5138 or stop in office to sign up. 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. Reservations required 48 hours in advance.

### TUESDAY & THURSDAY DINNER MENU: Suggested donation \$3.50. Dinner is served at 5pm.

- Tue. 7/1:** Beef bourguignon, mashed potatoes, green beans, whole wheat roll, salad, peach pie with whipped topping
- Thu. 7/3:** Chicken Caesar salad, parmesan cheese, croutons, cherry tomatoes, carrots, roll, peach pie with whipped topping
- Tue. 7/8:** Breaded chicken drumsticks, mashed potatoes, corn on the cob, whole wheat dinner roll, salad, banana cream pie
- Thu. 7/10:** Breaded chicken drumsticks, mashed potatoes, corn on the cob, whole wheat dinner roll, salad, banana cream pie
- Tue. 7/15:** Turkey w/ gravy, cranberry sauce, sweet potatoes, stuffing, Brussels sprouts, salad, chocolate covered ice cream bar
- Thu. 7/17:** Turkey w/ gravy, cranberry sauce, sweet potatoes, stuffing, Brussels sprouts, salad, chocolate covered ice cream bar
- Tue. 7/22:** Cabbage roll w/ meat sauce, garlic mashed potatoes, carrots, roll, salad, mini eclairs
- Thu. 7/24:** Cabbage roll w/ meat sauce, garlic mashed potatoes, carrots, roll, salad, mini eclairs
- Tue. 7/29:** Steakhouse burger w/ BBQ sauce, tater tots, au gratin broccoli, bun, salad, ice cream sandwich
- Thu. 7/31:** Steakhouse burger w/ BBQ sauce, tater tots, au gratin broccoli, bun, salad, ice cream sandwich

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

