

Erie County Stay Fit Dining Program Menu

MARCH 2023

SPRING

Thank you
Kathy
SPRING

Phone #

Name:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella Cauliflower Seasoned Spinach Tapioca Pudding (680)</p>	<p>28 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Broccoli Cheese Rice Casserole Green Beans Fruit Cocktail <i>Chocolate Milk</i> (841)</p>	<p>1 Turkey with Stuffing & Gravy Mashed Sweet Potatoes Peas <i>Molded Cranberry Salad</i> Fresh Apple (772)</p>	<p>2 Beef Stew Mashed Potatoes <i>Chef Salad with Dressing</i> Biscuit Chocolate Mousse (813)</p>	<p>3 <i>Entrée Salad</i> Tuna Macaroni Salad on a Bed of Salad Greens Whole Grain Crackers Frosted Spice Cake (807)</p>
<p>6 Turkey a La King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (747)</p>	<p>7 Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Lemon Cake with Frosting (781)</p>	<p>8 <i>Entrée Salad</i> <i>New Menu Item!</i> Beef Taco Salad with Taco Beef, Corn & Black Bean Salsa, Shredded Cheddar & Crispy Tortillas Fresh Orange <i>Chocolate Milk</i> (826)</p>	<p>9 Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit (745)</p>	<p>10 Vegetable Lasagna with Cream Sauce Broccoli Florets Grape Juice Whole Wheat Dinner Roll Fruited Gelatin (756)</p>
<p>13 Italian Sausage with Peppers, Onions, and Tomato Sauce on a Bun Roasted Potatoes Broccoli Frosted Cake (733)</p>	<p>14 <i>New Menu Item!</i> Swedish Meatballs over Pasta Harvard Beets Cauliflower Pineapple <i>Chocolate Milk</i> (651)</p>	<p>15 Baked Chicken with Herb Gravy Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (630)</p>	<p>16 Sloppy Joe on a Whole Wheat Bun Tater Tots Corn <i>Chef Salad with Dressing</i> Fresh Banana (923)</p>	<p>17 <i>St. Patrick's Day</i> Corned Beef with Cabbage Buttered Potatoes Carrots Deli Rye Bread <i>Marinated Beet & Onion Salad</i> Vanilla Ice Cream with Minty Syrup (813)</p>
<p>20 <i>Welcome Spring!</i> Cheese Tortellini with Chicken & Primavera Sauce Carrots Grape Juice <i>Chef Salad with Dressing</i> Dinner Roll Lemon Meringue Pie (908)</p>	<p>21 <i>New Menu Item!</i> Pork Stew Brussels Sprouts Biscuit Strawberry Bavarian (638)</p>	<p>22 Chili Con Carne Mixed Vegetables Fruit Punch Cornbread Fruit Compote <i>Chocolate Milk</i> (877)</p>	<p>23 Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas and Carrots Dinner Roll Gelatin (603)</p>	<p>24 Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Whole Wheat Dinner Roll Coleslaw Mandarin Oranges (812)</p>
<p>27 Cheese Ravioli with Tomato Meat Sauce & Shredded Mozzarella Peas Summer Squash Medley Italian Bread Peaches (780)</p>	<p>28 <i>Entrée Salad</i> Greek Chicken Salad with Greek Dressing Multigrain Bread Sugar Cookies (889)</p>	<p>29 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (805)</p>	<p>30 Bratwurst with Mustard & Baked Beans on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges <i>Chocolate Milk</i> (772)</p>	<p>31 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Muffin Tropical Fruit (691)</p>