






Eriz County Stay Fit Dining Program Menu

April, 2023



Thank you for trying
SPRING

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3 Boneless Chicken breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Fruit Cocktail (570) | 4 Entrée Salad  Julienne Salad with Dressing Whole Wheat Dinner Roll Chocolate Chip Cookies (766) | 5 Easter Meal  Breaded Bone-in Pork Chop with Herbed Gravy Scalloped Potatoes Peas with Pearl Onions Chef Salad with Dressing Dinner Roll Coconut Cream Pie (996) | 6 Tortellini with Tomato Meat Sauce & Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (708) | 7 No Meals  Served |
| 10 Dyngus Day Lunch  Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Chocolate Éclair (813) | 11 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Broccoli Florets Lorna Doones (712) | 12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cottage Mixed Vegetables Chef Salad with Dressing Fresh Grapes Chocolate Milk (704) | 13 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (674) | 14 Beer Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini Coleslaw Rye Bread Brownie (815) |
| 17 Breaded Chicken Breast with Buffalo-style Sauce Seasoned Spinach Corn with Red Pepper Whole Wheat Roll Chocolate Pudding (667) | 18 Steakhouse Burger with Gravy on a Bun Cheddar Mashed Potatoes Lima Bean Bake Tropical Fruit (852) | 19 Beef Bourguignon over Brown Rice Cauliflower Harvard Beets Oatmeal Raisin Cookies (764) | 20 Chicken Breast with Primavera Sauce over Penne Pasta Italian Vegetables Grape Juice Fresh Banana Chocolate Milk (654) | 21 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649) |
| 24 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Cinnamon Streusel Cake (739) | 25 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Pineapple & Mandarin Oranges Chocolate Milk (792) | 26 Entrée Salad  Grilled Chicken Caesar Salad with Caesar Dressing Rye Bread Sugar Cookies (737) | 27 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (779) | 28 Soup & Salad  Beef Barley Soup Corn Chef Salad with Dressing Wheat Bread Fruited Gelatin (671) |

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