

For Reservations at United
Church Manor Call 668-5804
If turning in this sheet, please circle the days
you would like a meal

Erie County Stay Fit Dining Program

Standard Menu

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches  Chocolate Milk (813)	2 Quarter Chicken with Gravy Carrots Cauliflower Rice Sugar Cookies (780)	3 4th of July Meal Hot Dog with Baked Beans on a Bun  Potato Salad Corn Strawberry Shortcake with Whipped Topping (929)	4 No Meals Served 	5 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Muffin Tropical Fruit (634)
8 Boneless Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Dinner Roll Oatmeal Raisin Cookies (675)	9 ENTRÉE SALAD Cottage Cheese and Egg Salad Plate on a Bed of Lettuce with Classique Dressing Wheat Dinner Roll Mandarin Oranges  Chocolate Milk (640)	10 Polish Sausage with Sauerkraut & Mustard on a Bun Fresh Red-skin Potatoes Au Gratin Broccoli Rice Krispie Treat (951)	11 Tortellini with Tomato Meat Sauce Seasoned Spinach Italian Mixed Vegetable Italian Bread Fresh Nectarine (624)	12 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Strawberry Bavarian (795)
15 Sliced Turkey Breast with Gravy and Cranberry Sauce Mashed Potatoes Carrots Dinner Roll Lorna Doones (658)	16 Beef Pepper Steak Casserole over Rice Broccoli Waxed Beans with Carrot Butterscotch Pudding (645)	17 Side Salad Meatballs with Tomato Sauce & Mozzarella Cheese over Penne Pasta Country Cottage Mix Chef Salad with Dressing Ambrosia (782)	18 Breaded Pork Loin with Cranberry Chutney Sweet Potatoes Seasoned Spinach Whole Wheat Bread Fresh Plum  Chocolate Milk (643)	19 Baked Tilapia with Creamy Dill Sauce Fresh Red Skin Potato Stewed Tomato and Zucchini Rye Bread Brownie (652)
22 Veal Parmesan with Tomato Sauce & Mozzarella over Penne Pasta Seasoned Spinach Apple Juice Chocolate Pudding (800)	23 Panko Breaded Chicken Thigh Cheddar Mashed Potatoes Lima Bean Bake Multigrain Bread Tropical Fruit (792)	24 ENTRÉE SALAD Tuna Macaroni Salad Chef Salad with Classique Dressing  Cherry Tomatoes Club Crackers Fresh Cantaloupe (627)	25 Christmas in July Chicken Cordon Bleu with Herb Cream Sauce Orange-Glazed Carrots Broccoli Rice Pilaf  Lemon Meringue Pie (978)	26 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (799)
Chicken Vegetable Casserole with a Biscuit Seasoned Spinach Fresh Cantaloupe  Chocolate Milk (614)	Hot Dog with Chili Sauce on a Bun Roasted Red Potatoes Fiesta Corn Salad Pineapple (755)	Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	Lasagna Roll with Meat Sauce California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (757)	Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)