










Erie County Stay Fit Dining Program
STANDARD
MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
25 Polynesian Chicken over White Rice California Blend Vegetables Summer Squash Chocolate Cake with Whipped Topping (810)	26 Omelet with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (658)	27 Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Sliced Carrots Rye Bread Apple  Chocolate Milk (705)	28 BBQ Pulled Pork Butternut Squash Roasted Red Potatoes Wheat Hamburger Roll Tropical Fruit Cup (700)	1 Beer Battered Fish Mixed Vegetables German Potato Salad Cornbread Ambrosia (740)
4 Beef Stew Mashed Potatoes Garlic Biscuit Chocolate Mousse (729)	5 Fat Tuesday Buffalo Style Breaded Chicken Breast on a Soft Roll Fiesta Corn Broccoli Chocolate Éclair (736) 	6 Entrée Salad Ash Wednesday Tuna Macaroni Salad with Cherry Tomatoes On a Bed of Lettuce with Classique Dressing Club Crackers Tapioca Pudding with Fruit (725)	7 Roast Pork with Warm Cinnamon Apples Carrots Mashed Potatoes Wheat Bread Frosted Spice Cake (713)	8 Side Salad Lenten Meal Stuffed Shells with Tomato Sauce & Mozzarella Cheese Cauliflower Chef Salad with Dressing Dinner Roll Fruit Cocktail (883)
11 Turkey A la King Mashed Potatoes Corn Biscuit Chocolate Chip Cookies (782)	12 Ham with Scalloped Potatoes Peas Apple Juice Rye Bread Lemon Cake with Frosting (781)	13 Sliced Roast Beef with Fresh Onion Gravy Sweet Potato Spiced Apples Whole Wheat Dinner Roll Fruited Gelatin (589)	14 St. Patrick's Day Corned Beef Creamed Cabbage with Dill Carrots Parslied Potatoes Lime Sherbet (610) 	15 Lenten Meal Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (854)
18 Italian Sausage with Peppers, Onions and Tomato Sauce on a Roll Roasted Red Potatoes Mixed Vegetables Pineapple  Chocolate Milk (761)	19 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)	20 Entrée Salad Welcome Spring Lowfat Cottage Cheese with Lettuce Garnish 1/2 cup Berries 1/2 cup Cantaloupe Whole Wheat Crackers Strawberry Ice Cream (533) 	21 Veal Parmesan with Tomato Sauce Italian Green Beans Cauliflower Dinner Roll Frosted Marble Cake (824)	22 Lenten Meal Baked Fish with Lemon Cream Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (752)
25 Pork Ribette with BBQ Sauce on a Roll Cheesy Mashed Potatoes Kale & Apple Salad Lemon Cake with Lemon Glaze (1032)	26 Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (560)	27 Soup & Sandwich Sloppy Joe on A Wheat Roll California Mixed Vegetables Broccoli Cheese Soup Fruit Compote  Chocolate Milk (947) 	28 Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Red Gelatin (581)	29 Lenten Meal Breaded Fish with Tartar Sauce on a Bun Macaroni and Cheese Italian Green Beans Mandarin Oranges (828)