



Erie County Stay Fit Dining Program Ken Ton

STANDARD

March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Dinner Roll Fruit Crisp (710)	February 28 Barbecue Pulled Pork Roasted Red Potato with Green Pepper Hubbard Squash Roll Cookie (834)	March 1 Turkey a la King Mashed Potatoes Country Cottage Mixed Vegetables Roll Homemade Cookie (692)	2 Sausage & Chicken Jambalaya Yellow Squash with Grated Carrots Rice Roll Apricots (737)	3 Lenten Meal Tuna Noodle Casserole Peas Carrots Roll Fruit Compote with Berries (723)
6 Beef Chili con Carne with Grated Cheddar Cheese Brown Rice Carrots & Broccoli Crackers Apple (738)	7 Salisbury Steak with Low Sodium Gravy Sweet Potatoes Roasted Cauliflower Dinner Roll Homemade Cookie (915)	8 Breaded Pork Chop with Low Sodium Gravy Mashed Potato Green Beans with Shredded Carrot Roll Chocolate Chip Cookie (918)	9 Side Salad Chicken Parmesan with Tomato Sauce & Mozzarella California Mix Vegetables Chef Salad with Dressing Penne Pasta Ricotta Cookie (618)	10 Lenten Meal Baked Macaroni & Cheese with Broccoli Country Cottage Mix Vegetables Spinach Bread Mandarin Oranges (740)
13 Roast Turkey with Low Sodium Gravy Mashed Potatoes Peas & Carrots Stuffing White Cake with Chocolate Frosting (724)	14 Steakette Burger with Low Sodium Mushroom Gravy Mashed Potato Mixed Vegetables Rye Bread Apricots (875)	15 Lasagna with Meat Sauce California Mix Vegetables Chef Salad with Dressing Cake (876)	16 Saint Patrick's Day Hot Corned Beef with Cabbage Boiled Potato Carrots Rye Bread Shamrock Cookie (713)	17 Lenten Meal Breaded Fish Macaroni & Cheese Peas Coleslaw Roll Tropical Fruit (834)
20 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Snickerdoodle Cookie (799)	21 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (799)	22 Sliced Roast Beef with Low Sodium Gravy Sweet Potato Sweet & Sour Cabbage Stuffing Cherry Cake (864)	23 Pork Chop with Low Sodium Gravy Roasted Red Potato Mixed Vegetables Roll Mandarin Oranges (612)	24 Lenten Meal Stuffed Shells with Tomato Sauce Carrots, Cauliflower & Broccoli Roll Pudding Parfait (605)
27 Beef Pepper Steak Casserole with Pepper & Onion Mixed Vegetables Rice Roll Cherry Parfait (678)	28 Polish Sausage with Sauerkraut on a Bun Red Potatoes California Mix Vegetables Strawberry Yogurt Parfait (738) **Menu subject to change**	29 Chicken Breast with Lemon Cream Sauce Rice Pilaf Peas Dinner Roll Orange (690)	30 Goulash with Mozzarella Cheese Seasoned Spinach Carrots Italian Bread Pineapple (694)	31 Lenten Meal Breaded Fish with Lemon & Tartar Sweet Potato Cauliflower with Cheese Roll Lorna Doones (789)