



Erie County Stay Fit Dining Program Ken Ton - JULY 2024
Kenmore Community Center - 716.873.7500
135 Wilber Ave. - Must Call 24 Hrs in Advance! - Ride \$1 Round Trip

Monday	Tuesday	Wednesday	Thursday	Friday
July 1 Turkey Breast with Low Sodium Gravy Mashed Potatoes Carrots Dinner Roll Apple Crisp (627)	2 Salisbury Steak with Onion Gravy Mashed Potatoes Mixed Vegetables Breakaway Roll Sugar Cookie (915)	July 3 Independence Day Hot Dog on a Bun Sweet Potato Tater Tots Baked Beans Broccoli & Carrots Holiday Cookie (1007)	4 Independence Day Holiday No Meals Served	5 Cheeseburger Pie Red Potatoes California Mix Vegetables Cherry Parfait (668)
8 Hot Chicken Salsa Bake Over Rice Capri Vegetable Blend Dinner Roll Tropical Fruit (598)	9 Tomato & Basil Macaroni and Cheese Cauliflower Carrots Roll Peanut Butter Cookie (911)	10 Chicken Biscuit Pie with Vegetables & Gravy Broccoli Warm Apple Slices (594)	11 Meatloaf with Low Sodium Gravy Mashed Potato Peas with Pearl Onions Wheat Bread Berry Compote (805)	12 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Dressing Fruit Crisp (932)
15 Breaded Pork Chop with Low Sodium Gravy Lazy Pierogi California Mix Vegetables Roll Peach Bavarian (728)	16 Baked Rigatoni with Italian Sausage & Tomato Sauce Cauliflower with Parsley Classic Mixed Vegetables Fruit & Yogurt Parfait (632)	17 Battered Fish with Tartar Red Potatoes Zucchini Medley with Green Peppers Roll Melon Salad (702)	18 Boneless Chicken Breast with Low Sodium Gravy Peas & Carrots Sweet Potatoes Pasta Roll Apple Cobbler (827)	19 Seasoned Beef Strips Oriental Vegetables with Green Pepper Carrots Rice Roll Strawberry Parfait (723)
22 Salisbury Steak with Low Sodium Gravy Mashed Potatoes Mixed Vegetables Biscuit Strawberry Gelatin with Fruit Cocktail (785)	23 Cheesy Barbecue Chicken with Sauteed Onion & Bacon Broccoli Rice Casserole Bermuda Blend Vegetables Pineapple (641)	24 Sliced Pork Loin with Low Sodium Gravy Scalloped Potatoes California Mix Vegetables Peach Cobbler (701)	25 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Fruit & Yogurt Parfait (661)	26 Southwest Cheese Frittata Roasted Red Potatoes Hubbard Squash Roll Orange Parfait (806)
29 Turkey Breast with Low Sodium Gravy Glazed Carrots Peas Stuffing Strawberry Bavarian (666)	30 Beef Stew Brussels Sprouts Biscuit Apple Tart (658) Menu is subject to change.	31 Chicken Cordon Bleu Over Rice Broccoli Carrots Raspberry Parfait (786)	August 1 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Dinner Roll Cookie (675)	2 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli & Carrots Italian Bread Fruit Cocktail (771)