



Erie County Stay Fit Dining Program Ken Ton

STANDARD

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
28 Turkey Breast with Low Sodium Gravy Glazed Carrots Peas Stuffing Strawberries & Cream (598)	29 Beef Stew Brussels Sprouts Biscuit Cinnamon Apple Parfait (604)	30 Chicken Cordon Bleu Over Rice Carrots Broccoli Raspberry Parfait (787)	31 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Dinner Roll Homemade Cookie (687)	August 1 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli & Carrots Italian Bread Fruit Cocktail (771)
4 Polynesian Chicken Cauliflower Carrots White Rice Fruit & Yogurt (615)	5 Barbecue Pulled Pork Roasted Red Potatoes with Green Pepper Hubbard Squash Wheat Roll Cheesecake Cup (820)	6 Sliced Roast Beef with Low Sodium Gravy Cheesy Mashed Potatoes Mixed Vegetables Rye Bread Homemade Cookie (780)	7 Cheeseburger Pie Sweet Potatoes Bermuda Blend Vegetables Fruit Parfait (771)	8 Veal Parmesan with Diced Tomato Sauce & Mozzarella Cheese Over Pasta California Mix Vegetables Roll Cake (783)
11 Sweet & Sour Chicken Oriental Vegetables Broccoli & Carrots Rice & Roll Lemon Berry Pudding (674)	12 Taco Tuesday! Taco Casserole with Sour Cream & Tortilla Chips Mixed Vegetables with Pepper & Onion Lime Parfait (1004)	13 Sliced Roast Turkey with Low Sodium Gravy Mashed Sweet Potato Green Beans w/Peppers Roll Fruited Tapioca (603)	14 Lemon Chicken Breast Over Collard Greens Peas with Green Pepper Garlic Biscuit Peach Crisp w/ Topping (593)	15 Side Salad Rotini with Swedish Meatballs & Sauce Cauliflower Chef Salad with Dressing Roll Fruit Cocktail (742)
18 Low Sodium Ham and Scalloped Potatoes Peas & Carrots Baked Pineapple Dinner Roll Fruit Crisp (815)	19 Meatloaf with Low Sodium Gravy Mashed Potatoes Caribbean Blend Vegetables Bread Strawberry Bavarian (826)	20 Chicken Parmesan with Diced Tomato Sauce over Pasta Bermuda Blend Vegetables Roll Berry Shortcake (641)	21 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Roll Cinnamon Pear Parfait (669)	22 Sausage & Chicken Jambalaya Rice Roll Yellow Squash with Grated Carrot Apricots (738)
25 Beef Chili con Carne Rice Broccoli & Carrots Crackers Sliced Apples (711) **If you have a food allergy, please notify us.	26 Battered Fish with Lemon & Tartar Potato Wedges Sweet & Sour Coleslaw Roll Fruit & Yogurt Parfait (733)	27 Steakette Burger with Sauted Onions Peas Sweet Potato Soft Roll Pineapple (675) **Menu is subject to change**	28 Side Salad Chicken Florentine with Spinach and Sauce over Penne Pasta California Mix Vegetable Chef Salad with Dressing Grapes & Strawberries (661)	29 Eggplant Parmesan with Tomato Meat Sauce & Mozzarella Cauliflower Spinach Roll Tropical Fruit (831)