



Erie County Stay Fit Dining Program Ken Ton

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
June 29 Homemade Goulash Bermuda Blend Vegetables Carrots Dinner Roll Tropical Fruit (708)	June 30 Chicken Pot Pie Mashed Potato Peas & Pearl Onions Berry Compote (800)	July 1 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potato Roll Yogurt Parfait (692)	2 Independence Day Grilled Burger on a Roll Baked Beans Red Potatoes Confetti Corn with Carrots Firework Parfait (849)	3 Independence Day Holiday No Meals Served
6 Turkey Breast with Low Sodium Gravy Sweet Potatoes Peas Dinner Roll Fruited Tapioca (646)	7 Side Salad Chicken Florentine California Mix Vegetables Chef Salad with Dressing Penne Pasta Roll Strawberries & Grapes (652)	8 Beef Pepper Steak Casserole Cauliflower Caribbean Blend Vegetables Rice Roll Strawberry Parfait (644)	9 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Italian Blend Vegetables Italian Bread Mandarin Oranges (890)	10 Pulled Pork Sandwich on a Hamburger Roll Baked Beans Sweet & Sour Coleslaw S'mores Parfait (725)
13 Roast Pork with Warm Cinnamon Apples Mashed Potato Roasted Carrots Wheat Bread Chocolate Mousse (725)	14 Taco Casserole with Peppers & Onions and Sour Cream Mixed Vegetables Fajita or Tortilla or Tortilla Chips Lime Parfait (656)	15 Beef Stroganoff Cauliflower Green Beans with Shredded Carrots Rice Roll Ambrosia (666)	16 Turkey a la King Mashed Potato Country Cottage Mix Vegetables Roll Berry Compote (588)	17 Battered Fish with Tartar Red Potatoes Zucchini Medley with Green Peppers Roll Strawberry & Yogurt Parfait (642)
20 Boneless Chicken Breast with Low Sodium Gravy Peas & Carrots Broccoli Noodles Roll Apple Slices (648)	21 Turkey Divan Casserole Cranberry Sauce Sweet Potato Green Beans Roll Fruit Cocktail (602)	22 Side Salad Lasagna with Meat Sauce California Mix Vegetable Chef Salad with Dressing Cherry Crisp (886)	23 Cheeseburger Pie Green Beans Bermuda Blend Vegetables Strawberry Parfait (736)	24 Low Sodium Ham & Cheese Frittata Cauliflower Spinach Roll Strawberry Dream Parfait (656)
27 Side Salad Veal Parmesan with Tomato Sauce & Mozzarella Chef Salad with Dressing California Mix Vegetables Roll Warm Cinnamon Pears (733)	28 Tuna Noodle Casserole Caribbean Blend Vegetables Zucchini & Squash Blend Roll Chocolate Chip Cookie (959) If you have a food allergy, please notify us.	29 Breaded Chicken Breast with Lemon Collard Greens Peas with Green Pepper Garlic Biscuit Apple Crisp (607)	30 Sloppy Joe Roasted Red Potatoes with Green Peppers Hubbard Squash Hamburger Roll Tropical Fruit (726)	31 Tomato & Basil Macaroni & Cheese Sweet Potato Bermuda Blend Vegetables Pineapple (843) Menu is subject to change.



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