



Erie County Stay Fit Dining Program Ken Ton

STANDARD MENU

August 2026

NEED A RIDE? CALL US!

716.873.7500



Monday		Wednesday	Thursday	Friday
3 Meatloaf with Low Sodium Gravy Mashed Potatoes Peas & Pearl Onions Wheat Bread Berry Compote (805)	4 Seasoned Beef Strips Oriental Vegetables Carrots Rice Roll Apricots (641)	5 Pork Chop with Low Sodium Gravy Sweet Potato California Mix Vegetables Dinner Roll Pineapple (595)	6 Buffalo Chicken Pasta Broccoli Carrots Roll Peach Crisp (719)	7 Garlic & Spinach Shrimp with Lemon Italian Roasted Vegetables Green Beans Rotini Roll Vanilla Parfait (818)
10 Beef Stew Mashed Potatoes Roll Strawberry Dream Parfait (716)	11 Low Sodium Ham Steak with Pineapple Scalloped Potatoes California Mix Vegetables Roll Peach Parfait (621)	12 Chicken Parmesan with Tomato Sauce and Mozzarella Bermuda Blend Vegetables Green Beans Pasta Peach Cobbler (629)	13 Stuffed Pepper Casserole Carrots Cauliflower Italian Bread Pear Parfait (803)	14 Turkey Breast with Low Sodium Gravy Sweet Potatoes Green Beans Roll Fruited Tapioca (602)
17 Hot Chicken Salsa Bake Sweet Potato Capri Vegetable Blend Roll Chocolate Mousse (605)	18 Barbecue Pulled Pork Roasted Red Potato with Green Pepper Hubbard Squash Hamburger Roll Apple Pie Parfait (805)	19 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Berries with Whip Topping (708)	20 Sliced Roast Beef with Low Sodium Gravy Cheesy Mashed Potatoes Sweet & Sour Cabbage Dinner Roll Apple Crisp (843)	21 Fajita Chicken Over Rice with Black Beans & Salsa Broccoli Mixed Vegetables Roll Oranges & Pineapple (667)
24 Beef Chili con Carne with Green Pepper & Cheddar Rice Broccoli & Carrots Roll Homemade Cookie (810)	25 Chicken Breast with Mango Salsa Rice Pilaf Caribbean Blend Vegetables Roll Cinnamon Applesauce (596)	26 Southwest Cheese Frittata with Salsa Roasted Red Potatoes Hubbard Squash Roll Orange Dream Parfait (786)	27 Sliced Pork Loin with Cranberry Apple Chutney Sweet Potatoes Collard Greens Roll Applesauce (718)	28 Breaded Eggplant Tomato Meat Sauce & Mozzarella Cauliflower Spinach Dinner Roll Yogurt Parfait (765)
31 Cheesy Chicken & Broccoli Pasta Carrots Roll Tropical Fruit (616)	September 1 Salisbury Steak Mashed Potatoes Classic Mixed Vegetables Roll Apple Crisp (861) **Menu is subject to change**	2 Kielbasa & Chicken Potato Skillet California Mix Vegetables Peas Roll Peaches & Pears (638)	3 Penne Pasta with Meatballs and Tomato Sauce Country Cottage Mix Cauliflower Dinner Roll Ambrosia (752)	4 Chicken Breast Marsala Broccoli Mixed Vegetables Rice Roll Peach Crisp (709) ** If you have a food allergy, please notify us. **