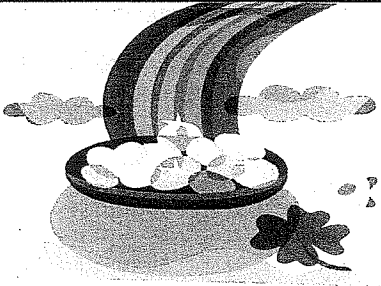


March HAPPY ST. PATRICK'S DAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Chicken Breast With Savory Gravy Roasted Red Potatoes Lima Bean Bake w/Onions Pumpkin Bavarian (742)	2 Tender Penne Pasta with Delicious Meat Sauce Carrot Coins ~ Sweet Peas Fresh Italian Bread Rainbow Jello with Whipped Topping (736)	3 Turkey Tetrazzini Broccoli & Cauliflower Fresh Breakaway Roll Refreshing Sherbet <u>Alt:Julienne Salad</u> (791-850)	4 Breaded Pork Chop Mashed Sweet Potatoes Seasoned Mixed Greens Golden Cornbread Molded Cranberry Salad Seasonal Fruit (1038)
7 L.S. Polish Sausage With Sauerkraut Creamy Pasta & Mushrooms Tender Green Peas Pineapple Cup (736)	8 <u>Mardi Gras ~ Fat Tuesday</u> Boneless Chicken Breast over Fluffy Brown Rice with Sausage And Red Bean Creole Sauce Golden Corn ~ Seasoned Spinach Mardi Gras Donut (796)	9 <u>Ash Wednesday</u> Breaded Fish w/Tartar Broccoli, Cheese and Rice Casserole ~ Cole Slaw Sliced Carrots Fruit Cocktail (1018)	10 Tender Beef Stew With Tender Veggies Garlic Mashed Potatoes Buttermilk Biscuit Fruited Jello w/Whipped Topping (654)	11 Vegetable Lasagna w/Creamy Alfredo Sauce Italian-Style Green Bean Seasonal Fruit <u>Alt. Grilled Chicken Salad</u> (856-827)
14 Chicken Drumsticks Tasty Spanish Rice Sweet Green Peas Wheat Bread Sliced Peaches (741)	15 Spaghetti with Meatballs & Tomato Sauce Parslied Cauliflower Italian Bread Chef Salad w/Dressing Rainbow Jello (904)	16 Roasted Turkey Breast With Stuffing and Gravy Mashed Sweet Potatoes Green & Yellow Wax Beans Molded Cranberry Salad Seasonal Fruit (817)	17 <u>St. Patrick's Day</u> Tender Corned Beef Creamy Cabbage w/Dill Parslied Potatoes w/Butter Carrots Slices Lime Sherbet (740) Diet: Roast Beef w/gravy	18 <u>Site Choice</u> Cheese Omelet with Red Pepper Cream Sauce or Breaded Chicken Cutlet Au Gratin Potatoes Stewed Tomatoes Chocolate Pudding (931-946)
21 L.S. Ham Steak With Tasty Fruit Sauce Scalloped Potatoes Broccoli & Mushroom Delicious Cookies (750)	22 Chili con Carne Fluffy Seasoned White Rice Golden Cornbread Chef Salad w/Dressing Tropical Fruit Cup (963)	23 Shredded Beef with Onions, Peppers & Cheese Smothered in Savory Gravy Seasoned Red Potatoes French Bean Medley Seasonal Fruit (697)	24 Breaded Pork Chop w/Apple & Raisin Glaze Butternut Squash Cabbage w/Dill Sauce Cinnamon Streusel (959)	25 <u>Site Choice</u> Baked Fish w/Brown Rice or Baked Chicken Thighs with Brown Rice & Savory Gravy Corn ~ Ratatouille ~ Cole Slaw Strawberry Bavarian (816-916)
28 Tender Roast Beef With Savory Gravy Ranch Mashed Potatoes Lima Bean Bake Seasonal Fruit(722)	29 Parmesan Chicken Penne Pasta w/Cream Sauce Carrot Coins Green Beans w/Red Peppers Pineapple Chunks (623)	30 Ham Casserole with Diced Potatoes in Cream Sauce Sweet Green Peas Refreshing Sherbet <u>Alt: Julienne Salad</u> (774-846)	31 Salisbury Steak in Fresh Onion Gravy Dutchess Mashed Potatoes Harvard Beets Creamy Ambrosia (718)	For Dining Site Information or Locations Call or Email 858-7639 www.erie.gov/stayfit

941-5773

