



# Erie County Stay Fit Dining Program Menu

## JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (681) 	<b>31 New Year's Meal</b>  Pork Loin with Stuffing & Cranberry Chutney Mashed Potatoes with Chives Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1069)	<b>1 No Meals Served</b> 	<b>2</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (807)	<b>3 Entrée Salad</b> Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Wheat Dinner Roll Fresh Orange <b>Chocolate Milk</b> (908) 
<b>6</b>  Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Sugar Cookies (755) 	<b>7</b> Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana <b>Chocolate Milk</b> (858) 	<b>8</b> Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Chef Salad with Dressing Vanilla Pudding (851)	<b>9</b> Polish Sausage with Sauerkraut & Mustard on a Bun Potatoes O'Brien Carrots Fudge Round (803) 	<b>10</b> Ancho Chicken with Peppers, Onions, Salsa & Cheddar Spanish Rice Corn Fruit Punch Mandarin Oranges (675) 
<b>13</b> Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Pineapple Tidbits (663)	<b>14</b> Swedish Meatballs over Pasta Harvard Beets Peas Fresh Orange <b>Chocolate Milk</b> (688) 	<b>15</b> Vegetable Lasagna with Cream Sauce Broccoli Chef Salad with Dressing Dinner Roll Chocolate Pudding (780)	<b>16</b> Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Chef Salad with Dressing Diced Peaches (696)	<b>17 Martin Luther King Meal</b> Breaded Chicken Drumsticks Seasoned Rice & Beans Mixed Greens Corn Muffin Banana Crème Pie (1118) 
<b>20 No Meals Served</b> 	<b>21</b> Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Pears (644) 	<b>22 Entrée Salad</b> Grilled Chicken Salad with Greek Dressing Multigrain Bread Strawberry Gelatin (666) 	<b>23</b> Steakhouse Burger with Gravy on a Bun Mashed Potatoes Green Peas Fruit Cocktail <b>Chocolate Milk</b> (814) 	<b>24</b> Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Vanilla Pudding (691)
<b>27</b> Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Pineapple Tidbits (762)	<b>28</b>  Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Green Beans Dinner Roll Oatmeal Round (752)	<b>29</b> Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 	<b>30</b> Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Multigrain Bread Strawberry Ice Cream (789) 	<b>31</b> Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Chef Salad with Dressing Fresh Orange <b>Chocolate Milk</b> (808)

FOR RESERVATIONS, PLEASE CALL 716-652-7934