



# February 2025



## Erie County Stay Fit Dining Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Grilled Chicken Breast with Herbed Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Sugar Cookies (718)	<b>4</b> Beef Macaroni Casserole with Cheddar Cheese Green Peas Fruit Punch - Chef Salad with Dressing Italian Bread Rice Krispie Treat (946)	<b>5</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746)	<b>6</b> Breaded Chicken Cutlet with Tomato Sauce & Mozzarella over Pasta Cauliflower Spinach Strawberry Gelatin (716)	<b>7</b> Pork Loin with Gravy Scalloped Potatoes Green Beans with Red Pepper Wheat Dinner Roll Fresh Banana <b>Chocolate Milk</b> (720)
<b>10</b> Caribbean Chicken Stew Broccoli Florets Orange Pineapple Juice Yellow Rice with Turmeric Lorna Doones (711)	<b>11</b> Hamburger with Onion Gravy on a Bun Mashed Sweet Potatoes Green Beans Vanilla Pudding (753)	<b>12</b> Cream of Potato Soup with Ham Brussels Sprouts Apple Juice Corn Muffin Fresh Banana <b>Chocolate Milk</b> (692)	<b>13</b> Beef Bourguignon Mashed Potatoes Peas Rye Bread Brownie (716)	<b>14 Valentine's Day</b> Broccoli Stuffed Chicken Breast with Herb Cream Sauce Rice Pilaf Mixed Vegetables Cranberry Juice Chef Salad with Dressing Cheesecake with Chocolate Sauce (1067)
<b>17 No Meals Served</b> 	<b>18</b> Grilled Chicken with Marsala Sauce Mashed Potatoes Peas with Pearl Onion Dinner Roll Chocolate Pudding (616)	<b>19</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Spinach Grape Juice Wheat Dinner Roll Mandarin Oranges <b>Chocolate Milk</b> (744)	<b>20</b> Ham Steak with Pineapple Sauce Mashed Sweet Potatoes Green Beans Rye Bread Sugar Cookies (631)	<b>21</b> Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Carrots Corn Muffin Chef Salad with Dressing Fresh Orange (840)
<b>24</b> Macaroni & Cheese Zucchini & Tomatoes California Blend Vegetables Multigrain Bread Rice Krispie Treat (817)	<b>25</b> Ground Beef Taco with a Flour Tortilla Spanish Rice Corn & Black Beans Chef Salad with Dressing Fresh Banana <b>Chocolate Milk</b> (905)	<b>26</b> Breaded Chicken Cutlet with Buffalo Sauce on a Bun Potatoes O'Brien Broccoli Florets Fudge Round (793)	<b>27 Soup &amp; Sandwich</b> Minestrone Soup Chicken Salad Wheat Dinner Roll Brussels Sprouts Fig Bar (769)	<b>28</b> Salisbury Steak with Gravy Mashed Potatoes Lima Bean Bake Wheat Bread Fruit Cocktail (758)

**FOR RESERVATIONS, PLEASE CALL 716-652-7934**