






Erie County Stay Fit Dining Program

STANDARD MENU

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>NO MEALS SERVED</p>	<p>2</p> <p>Sloppy Joe on a Wheat Bun Fiesta Corn Green Beans Pineapple Tidbits (738)</p>	<p>3</p> <p>Ham Steak w/Pineapple Sc Ov Br Potato w/ Red Pepper & Onion Seasoned Mashed Squash Frosted Chocolate Brownie (838)</p>	<p>4</p> <p>Chicken Leg w/ BBQ Sauce Mashed Potato Peas Dinner Roll Tapioca Pudding (791)</p>	<p>5</p> <p>Steakhouse Burger w/Gravy on a Hamburger Bun Baked Beans Carrots Fruited Gelatin (964)</p>
<p>8</p> <p>Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits (757)</p>	<p>9</p> <p>Breaded Chicken Breast w/Scaloppini Sc Msh Sweet Potato Green Beans w/Red Pepper Wheat Dinner Roll Peach and Pear Cup (782)</p>	<p>10 SIDE SALAD</p> <p>Mac and Cheese with Chicken Casserole Diced Beets Chef Salad w/Dressing Rye Bread Apple (1041)</p>	<p>11</p> <p>Hamburger w/Mushroom Gravy on a Bun Oven Br Potato Seasoned Mashed Squash Chocolate Pudding (931)</p>	<p>12 MLK Jr Celebration</p> <p>Breaded Boneless Pork Chop w/Gravy Mashed Potato Seasoned Spinach Cornbread Banana Cream Pie (1148)</p>
<p>15</p>  <p>NO MEALS SERVED</p>	<p>16</p> <p>Penne Pasta w/Meatballs and Tomato Meat Sauce Peas Grape Juice Chocolate Chip Cookies (1093)</p>	<p>17</p> <p>Boneless Chicken Breast w/ Herb Gravy Mashed Sweet Potato Brussels Sprouts Wheat Dinner Roll Tropical Fruit Cup (639)</p>	<p>18</p> <p>Meatloaf w/Onion Gravy Mashed Potato Mixed Vegetable Wheat Bread Rice Pudding w/ Raisins (811)</p>	<p>19 ENTRÉE SALAD</p> <p>Julienne Salad with Classic Dressing Dinner Roll Orange(794)</p> 
<p>22</p> <p>Boneless Chicken Breast w/ Gravy Cheesy Mashed Potato Peas Dinner Roll Butterscotch Pudding (657)</p>	<p>23</p> <p>Br Veal Patty w/ Italian Tomato Sc and Mozz Cheese over Penne Pasta Apple Juice Seasoned Spinach Carnival Sugar Cookies (972)</p>	<p>24</p> <p>Ham Steak w/Maple Glaze Lyonnise Mashed Potato Green Beans Wheat Bread Fruited Gelatin (703)</p>	<p>25 SIDE SALAD</p> <p>Hot Dog w/Chili Sc on a Bun Potato Salad California Blend Vegetable Pineapple Tidbits (854)</p>	<p>26</p> <p>Breaded Boneless Pork Chop w/Gravy Msh Sweet Potato Broccoli Wheat Dinner Roll Apple (820)</p>
<p>29</p> <p>Swedish Meatballs over Cavatapi Brussels Sprouts Corn Chocolate Pudding (785)</p>	<p>30 ENTRÉE SALAD</p> <p>Caesar Salad w/ Breaded Chicken Breast, Caesar Dressing, Parmesan Cheese and Croutons Dinner Roll Tropical Fruit (979)</p> 	<p>31</p> <p>Lasagna Roll w/ Tomato Meat Sc & Mozz Cheese Seasoned Spinach w/ Mushrooms Cauliflower Italian Bread Frosted Lemon Cake (982)</p>	<p>1</p> <p>Sliced Turkey Breast w/ Gravy over Dressing Sour Cream & Chive Mashed Potato Peas Strawberry Bavarian (741)</p>	<p>2 Ground Hog Day</p>  <p>Steakhouse Burger w/Gravy on a Bun Baked Beans Carrots Orange CHOCOLATE MILK (992)</p>