

Erie County Stay Fit Dining Program Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Cauliflower Chocolate Pudding (601) 726	2	Beef Macaroni Casserole with Mozzarella Peas & Carrots Grape Juice Multigrain Bread Lemon Ice (768) 606	3	Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Mashed Potatoes Carrots Tropical Fruit (839) 1045	4	Entrée Salad	5	Lower Sodium Baked Ham with Maple Glaze Mashed Sweet Potatoes California Blend Vegetables Rye Bread 1156 Pineapple Tidbits Chocolate Milk (622)
8	Hearty Turkey Stew Garlic Mashed Potatoes Green Beans Dinner Roll Oatmeal Cookies (713) 940	9	Soup & Salad Broccoli Cheddar Soup with a Warm Biscuit Carrots Chef Salad with Dressing Strawberry Gelatin (731) 1411	10	Tortellini with Tomato Meat Sauce & Mozzarella Mixed Vegetables Chef Salad with Dressing Grape Juice 1144 Italian Bread (822) Fresh Banana	11	Roast Pork Loin with Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Applesauce 699 Chocolate Milk (634)	12	Beer Battered Fish with Tartar Sauce. Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll 1424 Pineapple Tidbits (677)
15	Stuffed Shells with Tomato Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Italian Bread Lorna Doones (775) 1040	16	Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Green Beans Pineapple Tidbits (587) 838	17	Christmas Lunch Broccoli-stuffed Chicken with Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Cheesecake with Chocolate Sauce (1044) 1414	18	Beef Bourguignon Harvard Beets California Blend Vegetables Dinner Roll Fresh Orange Chocolate Milk (602) 1054	19	Welcome Winter Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Mixed Vegetables Apple Pie with Whipped Topping (894) 1477
22	Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Muffin 1058 Mandarin Oranges (662)	23	Chili con Carne with Cheddar Carrots Chef Salad with Dressing Apple Juice Corn Muffin 1105 Fresh Banana (912)	24	Beef Pepper Steak Casserole with White Rice Zucchini Medley Broccoli Florets Strawberry Gelatin (581) 749	25	No Meals Served	26	Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Tater Tots 1170 Mixed Vegetables Pineapple Tidbits Chocolate Milk (813)
29	Beef Stroganoff over Pasta Corn with Red Peppers Seasoned Spinach Tropical Fruit (591) 474	30	Entrée Salad Chicken Caesar Salad with Caesar Dressing 1221 Wheat Dinner Roll Mandarin Oranges (751)	31	New Year's Meal Pork Loin with Stuffing & Cranberry Chutney Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1095) 1681	1	No Meals Served	2	Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower 970 Green Peas Dinner Roll Chocolate Brownie (755)

*If you have a food allergy, please notify us.