

Erte County Stay Fit Dining Program Menu



January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
29 Beef Stroganoff over Pasta Corn with Red Peppers Seasoned Spinach Tropical Fruit (591) 474	30 Entrée Salad Chicken Caesar Salad with Caesar Dressing Wheat Dinner Roll Mandarin Oranges (751) 1221	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 Green Peas 970 Dinner Roll Chocolate Brownie (755)
5 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703) 1032	6 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Tater Tots 1217 Seasoned Broccoli Fresh Banana Chocolate Milk (824)	7 Polish Sausage with Sauerkraut & Mustard on a Bun 1577 Ranch Mashed Potatoes Carrots Fudge Round Cookie (847)	8 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn 1316 Chef Salad with Dressing Mandarin Oranges (660)	9 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Wheat Bread 1082 Tropical Fruit (628)
12 Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice 985 Italian Bread Sugar Cookies (796)	13 Swedish Meatballs over Pasta Harvard Beets Peas 1363 Chef Salad with Dressing Pineapple Tidbits (742)	14 Chicken Breast with Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange 1042 Chocolate Milk (656)	15 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603) 747	16 Martin Luther King Meal Breaded Chicken Drumsticks Red Beans & Rice Seasoned Greens Corn Muffin 1516 Banana Cream Pie (1118)
19 No Meals Served	20 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Peas (587) 682	21 Roast Pork with Warm Apples Sweet Potatoes Green Beans 513 Wheat Bread Butterscotch Pudding (644)	22 Entrée Salad Garden Chicken Salad with Cheddar, CROUTONS & Ranch Multigrain Bread 1472 Fresh Banana Chocolate Milk (966)	23 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch 1434 Chef Salad with Dressing Wheat Dinner Roll Lorna Doones (969)
26 Turkey a la King Mashed Potatoes Carrots 1437 Warm Biscuit Chocolate Pudding (685)	27 Entrée Salad Beef Taco Salad with Tortilla Strips, Cheddar Cheese & Taco Sauce Pineapple Tidbits (600) 690	28 Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella California Blend Vegetables Orange Juice 1565 Chef Salad with Dressing Dinner Roll Fresh Banana (790)	29 Chicken Breast with Marsala Sauce Rosemary-seasoned Potatoes Broccoli Florets Dinner Roll 950 Sugar Cookies (621)	30 Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Roll 1440 Mandarin Oranges Chocolate Milk (588)

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