



Erie County Stay Fit Dining Program Menu

JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (681) 790</p> 	<p>31 New Year's Meal</p> <p>Pork Loin with Stuffing & Cranberry Chutney Mashed Potatoes with Chives Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1069) 1325</p> 	<p>1 No Meals Served</p>	<p>2</p> <p>Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (807) 924</p> 	<p>3 Entrée Salad</p> <p>Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Wheat Dinner Roll Fresh Orange Chocolate Milk (908) 1427</p> 
<p>6</p> <p>Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Sugar Cookies (755) 1091</p> 	<p>7</p> <p>Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana Chocolate Milk (858) 1335</p> 	<p>8</p> <p>Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Chef Salad with Dressing Vanilla Pudding (851) 1422</p>	<p>9</p> <p>Polish Sausage with Sauerkraut & Mustard on a Bun Potatoes O'Brien Carrots Fudge Round (803) 1436</p> 	<p>10</p> <p>Ancho Chicken with Peppers, Onions, Salsa & Cheddar Spanish Rice Corn Fruit Punch Mandarin Oranges (675) 1260</p> 
<p>13</p> <p>Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Pineapple Tidbits (663) 1328</p>	<p>14</p> <p>Swedish Meatballs over Pasta Harvard Beets Peas Fresh Orange Chocolate Milk (688) 1136</p> 	<p>15</p> <p>Vegetable Lasagna with Cream Sauce Broccoli Chef Salad with Dressing Dinner Roll 1396 Chocolate Pudding (780)</p>	<p>16</p> <p>Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll 970 Chef Salad with Dressing Diced Peaches (696)</p> 	<p>17 Martin Luther King Meal</p> <p>Breaded Chicken Drumsticks Seasoned Rice & Beans Mixed Greens Corn Muffin 1557 Banana Crème Pie (1118)</p> 
<p>20 No Meals Served</p>	<p>21</p> <p>Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Pears (644) 775</p> 	<p>22 Entrée Salad</p> <p>Grilled Chicken Salad with Greek Dressing Multigrain Bread Strawberry Gelatin (666) 1143</p> 	<p>23</p> <p>Steakhouse Burger with Gravy on a Bun Mashed Potatoes Green Peas Fruit Cocktail Chocolate Milk (814) 1038</p> 	<p>24</p> <p>Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll 1382 Vanilla Pudding (691)</p>
<p>27</p> <p>Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Pineapple Tidbits (762) 1481</p>	<p>28</p> <p>Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Green Beans Dinner Roll Oatmeal Round (752) 1461</p> 	<p>29</p> <p>Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 1437</p> 	<p>30</p> <p>Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Multigrain Bread Strawberry Ice Cream (789) 950</p> 	<p>31</p> <p>Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Chef Salad with Dressing Fresh Orange 1404 Chocolate Milk (808)</p> 

