

Erie County Stay Fit Dining Program

STANDARD MENU

DECEMBER 2016

for reservations or to cancel call 652-7934



Mon.	Tue.	Wed.	Thu.	Fri.
28 Creamy Turkey & Vegetable Pasta Toss Carrot Coins Chopped Broccoli Fruit Delight Cookie 624	29 Ricotta Cheese Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 764	30 Breaded Chicken Cutlet w/Gravy Soft Roll Whole Sweet Potatoes Chef Salad w/Dressing Pineapple Tidbits 888	1 <u>NEW MENU ITEM!</u> Chopped Steakhouse Burger w/Jardinière Gravy Mashed Potatoes Stewed Tomatoes Dinner Roll Frosted Chocolate Cake 971	2 Vegetable Quiche w/White Cheese Sauce Apple & Cranberry Compote Oat Bran Square Fresh Fruit 1012
5 Chili Con Carne w/Cheddar Cheese Fiesta Corn Cauliflower Unsalted Crackers Diced Peaches 720	6 Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Strawberry Bavarian 627	7 Baked Ham Steak w/Mustard Sauce Scalloped Potatoes California Mixed Vegetables Whole Wheat Roll Fresh Fruit 661	8 Boneless Chicken Breast w/Gravy Mashed Hubbard Squash Brussels Sprouts Dinner Roll Sugar Cookies 753	Homemade Meatloaf w/Gravy Mashed Potatoes Tender Peas Fresh Rye Bread Frosted Yellow Cake 971
12 Hot Dog w/Sauerkraut & Mustard Hot Dog Bun Roasted Red Potatoes Mixed Vegetables Tropical Fruit Cup 697	13 <u>Julienne Entrée Salad</u> Ham, Turkey, Swiss Cheese & Hard Boiled Egg Fresh Mixed Greens Cherry Tomatoes & Carrots Classique Salad Dressing Fruited Gelatin 820	14 Breaded Chicken Breast w/Gravy Broccoli-Rice Casserole Carrot Coins Whole Wheat Bread Orange-Pineapple Velvet 765	15 Beef & Rice Patty w/Cabbage & Savory Sauce Mashed Potatoes Breakaway Roll Chocolate Pudding 791	16 Breaded Fish Patty w/Tartar Sauce Creamy Mac & Cheese Tender Peas Coleslaw Pineapple Tidbits 965
19 BBQ Pork Ribette Slider Roll Chive Mashed Potatoes Sweet Corn Fig Bar 786	20 Sweet & Sour Chicken w/White Rice Seasoned Spinach Chef Salad w/Dressing Apple Cranberry Crisp 905	21 <u>Christmas Lunch!</u> Chicken Cordon Bleu w/Herb Cheese Sauce Brussels Sprouts Orange Glazed Carrots Coconut Cream Pie! 1163	22 Swedish Meatballs w/Penne Pasta Chopped Broccoli Apple Juice Chocolate Chip Cookies 896	23 Christmas Holiday No Meals Served
26 CHRISTMAS HOLIDAY! <u>NO MEALS SERVED</u>	27 Christmas Holiday No Meals Served	28 Breaded Chicken Cacciatore Mashed Hubbard Squash Green Beans Italian Bread Rice Krispy Square 689	29 Roast Turkey w/Bread Stuffing & Gravy Mashed Potatoes Tender Peas Spice Cake w/Cream Cheese Frosting 776	30 <u>New Year's Lunch!</u> Breaded Pork Loin w/Gravy Lyonnaise Mashed Potatoes Romano Mixed Vegetables Whole Wheat Roll Banana Cream Pie! 1120