

Erie County Stay Fit Dining Program

STANDARD MENU

February 2017

Mon	Tue	Wed	Thu	Fri
30 Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Sweet Corn Chocolate Pudding 762	31 <u>Julienne Entrée Salad</u> Sliced Ham, Turkey, Swiss Cheese & Egg Fresh Mixed Lettuce w/Dressing Cherry Tomatoes & Carrots Fresh Fruit 781	1 Baked Lasagna Roll w/Meat Sauce & Mozzarella, Spinach & Mushrooms Cauliflower Wheat Roll Tropical Fruit 781	2 Sliced Turkey Breast w/Gravy & Stuffing Chive Mashed Potatoes Carrot Coins Molded Cranberry Salad 604	3 Homemade Stuffed Pepper w/Savory Tomato Sauce Mashed Potatoes Wax Beans w/Mushroom Dinner Roll Chocolate Brownie 830
6 Chunk Turkey w/ Penne Pasta & Cream Carrot Coins Chopped Broccoli Fruit Delight Cookie 624	7 (2) Stuffed Shells w/Meat Sauce Cauliflower Tender Peas Fruited Gelatin 801	8 Chopped Steakhouse Burger w/Jardinière Gravy Mashed Potatoes Stewed Tomatoes Pineapple Tidbits 770	9 Breaded Chicken Cutlet w/Gravy Hamburger Roll Mashed Sweet Potatoes Chef Salad w/ Dressing Strawberry Bavarian 1024	10 Breaded Pork Loin w/Gravy Lyonnaise Mashed Potatoes Romano Vegetables Whole Wheat Roll Frosted Chocolate Cake 914
13 Beef Macaroni Casserole Cheddar Cheese Cauliflower Fiesta Corn Diced Peaches 767	14 <u>Valentine's Day Lunch!</u> Breaded Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Delicious Cherry Pie! 920	15 <u>Soup & Sandwich!</u> Hearty Minestrone Soup Egg Salad on a Soft Roll California Mixed Vegetables Frosted Brownie 900	16 Sliced Roast Pork w/Gravy Mashed Sweet Potatoes Harvard Beets Whole Wheat Roll Fresh Fruit 810	17 <u>Turkey Cobb Salad</u> Roast Turkey, Bacon Bits, Egg & Croutons Fresh Mixed Greens Cherry Tomatoes & Carrot Ranch Dressing Mandarin Oranges 732
20 <u>President's Day Holiday!</u> <u>No Meals Served</u>	21 Turkey Burger w/Gravy Mashed Sweet Potatoes Green Beans w/Red Pepper Whole Wheat Roll Fruited Gelatin 660	22 Beef & Rice Patty over Cabbage w/Savory Sauce Mashed Potatoes Breakaway Roll Chocolate Pudding 791	23 Breaded Boneless Chicken Breast w/Gravy Creamed Potatoes Carrot Coins Mandarin Oranges 720	24 Home-Made Meatloaf w/Jardinière Gravy Mashed Potatoes Tender Peas Frosted Yellow Cake 813
27 BBQ Pork Ribette Chive Mashed Potatoes Sweet Corn Slider Roll Fresh Fruit 721	28 <u>MARDI GRAS LUNCH!</u> Chicken & Sausage Gumbo Over White Rice Italian Green Beans Chef Salad w/Dressing Fat Tuesday Donut! 849	1 <u>ASH WEDNESDAY</u> Cheese Omelet w/Cheese Sauce Home Fries Tender Peas Blueberry Muffin Square Apple-Cranberry Crisp 1025	2 <u>Chicken Caesar Salad</u> Breaded Chicken Breast Cherry Tomatoes, Carrot, Parmesan Cheese Fresh Mixed Greens w/Dressing Dinner Roll Fruited Gelatin 928	3 Breaded Fish Patty w/Tartar Sauce Creamy Macaroni & Cheese Carrot Coins Coleslaw Carnival Cookies 1121

to make a reservation or to cancel call 652-7934