

Erie County Stay Fit Dining Program

STANDARD MENU

JANUARY 2018

Call 652-7934

Monday	Tuesday	Wednesday	Thursday	Friday
1  NO MEALS SERVED	2 Sloppy Joe on a Wheat Bun Fiesta Corn Green Beans Pineapple Tidbits (738)	3 Ham Steak w/Pineapple Sc Ov Br Potato w/ Red Pepper & Onion Seasoned Mashed Squash Frosted Chocolate Brownie (838)	4 Chicken Leg w/ BBQ Sauce Mashed Potato Peas Dinner Roll Tapioca Pudding (791)	5 Steakhouse Burger w/Gravy on a Hamburger Bun Baked Beans Carrots Fruited Gelatin (964)
8 Beef Macaroni Casserole w/ Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Pineapple Tidbits (757)	9 Breaded Chicken Breast w/Scaloppini Sc Msh Sweet Potato Green Beans w/Red Pepper Wheat Dinner Roll Peach and Pear Cup (782)	10 SIDE SALAD Mac and Cheese with Chicken Casserole Diced Beets Chef Salad w/Dressing Rye Bread Apple (1041)	11 Hamburger w/Mushroom Gravy on a Bun Oven Br Potato Seasoned Mashed Squash Chocolate Pudding (931)	12 MLK Jr Celebration Breaded Boneless Pork Chop w/Gravy Mashed Potato Seasoned Spinach Cornbread Banana Cream Pie (1148)
15  NO MEALS SERVED	16 Penne Pasta w/Meatballs and Tomato Meat Sauce Peas Grape Juice Chocolate Chip Cookies (1093)	17 Boneless Chicken Breast w/ Herb Gravy Mashed Sweet Potato Brussels Sprouts Wheat Dinner Roll Tropical Fruit Cup (639)	18 Meatloaf w/Onion Gravy Mashed Potato Mixed Vegetable Wheat Bread Rice Pudding w/ Raisins (811)	19 ENTRÉE SALAD Julienne Salad with Classique Dressing Dinner Roll Orange(794) 
22 Boneless Chicken Breast w/ Gravy Cheesy Mashed Potato Peas Dinner Roll Butterscotch Pudding (657)	23 Br Veal Patty w/ Italian Tomato Sc and Mozz Cheese over Penne Pasta Apple Juice Seasoned Spinach Carnival Sugar Cookies (972)	24 Ham Steak w/Maple Glaze Lyonnaise Mashed Potato Green Beans Wheat Bread Fruited Gelatin (703)	25 SIDE SALAD Hot Dog w/ Chili Sc on a Bun Potato Salad California Blend Vegetable Pineapple Tidbits (854)	26 Breaded Boneless Pork Chop w/Gravy Msh Sweet Potato Broccoli Wheat Dinner Roll Apple (820)
29 Swedish Meatballs over Cavatapi Brussels Sprouts Corn Chocolate Pudding (785)	30 ENTRÉE SALAD Caesar Salad w/ Breaded Chicken Breast, Caesar Dressing, Parmesan Cheese and Croutons Dinner Roll Tropical Fruit (979) 	31 Lasagna Roll w/ Tomato Meat Sc & Mozz Cheese Seasoned Spinach w/ Mushrooms Cauliflower Italian Bread Frosted Lemon Cake (982)	1 Sliced Turkey Breast w/ Gravy over Dressing Sour Cream & Chive Mashed Potato Peas Strawberry Bavarian (741)	2 Ground Hog Day Steakhouse Burger w/Gravy on a Bun Baked Beans Carrots Orange CHOCOLATE MILK (992) 