ERIE COUNTY

DECEMBER

SENIOR STAY-FIT DINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger w/Gravy Fresh Roll Mashed Sweet Potatoes Spinach	2 Diced Pork & Gravy over Noodles Tender Peas Cauliflower Apple Delight Cookie 692	3 Turkey Vegetable Casserole Garlic Mashed Potatoes Buttermilk Biscuit Fresh Banana 674	4 Veal Parmesan over Penne Pasta w/Tomato Sauce Chopped Broccoli Chef Salad w/Dressing	5 Meatloaf w/Gravy Mashed Potatoes Carrot Coins Orange-Pineapple Velvet 616
8 Chili Con Carne Green Beans Grape Juice Cornbread Chocolate Pudding 723	9 BBQ Chicken Breast Mashed Potatoes Mixed Vegetables Fresh Apple 634	10 Salisbury Steak w/Gravy Ranch Mashed Potatoes Creamed Cabbage w/Dill Frosted Yellow Cake 754	11 Grilled Chicken Entrée Salad Fresh Chopped Romaine Cherry Tomatoes -Carrots Citrus Fruit Mix 608	12 Baked LS Ham Maple Sauce Au Gratin Potatoes Chopped Broccoli Ambrosia 652
15 Beef & Potato Casserole Chopped Broccoli Dinner Roll Diced Pears 673	16 Hamburger w/Gravy Mashed Potatoes Lima Bean Bake Strawberry Bavarian 801	17 *XMAS LUNCH!* Breaded Chicken Breast w/Cheese Sauce & Ham Beans w/Red Pepper Rice Pilaf - Carrot Coins Holiday Dessert	18 Turkey Medallions w/Gravy Mashed Sweet Potatoes Seasoned Cabbage Cornbread Molded Cranberry 802	19 Baked Fish w/Lemon Dill Sauce Broccoli, Cheese, Rice Casserole Apple Juice Tender Peas Frosted Brownie 820
22 Country Fried Steak w/Gravy Mashed Potatoes Sweet Corn Fruit Cocktail 733	23 LS Knockwurst w/Sauerkraut Roasted Red Potatoes Mashed Squash Pumpkin Bavarian 794	24 Closed	25 *CHRISTMAS DAY* *HOLIDAY!* Closed *NO MEALS SERVED*	26 Boneless Chicken Breast w/Gravy Diced Creamed Potatoes Chopped Broccoli Fresh Apple 636
29 Stuffed Shells w/Meat Sauce Cauliflower Green Beans Apple Delight Cookie 823	30 Sweet & Sour Chicken over Brown Rice Sweet Corn Chopped Broccoli Lemon-Vanilla Pudding	31 *N.Y.'s EVE LUNCH!* Roast Pork Loin w/Gravy Stuffing Sweet Mashed Potatoes Apples & Cranberries Holiday Dessert	1 *NEW YEAR'S DAY* *HOLIDAY!* Closed *NO MEALS SERVED*	2 Beef Pepper Casserole Mashed Potatoes Carrot Coins Buttermilk Biscuit Fresh Apple 631

Please come and enjoy a wonderful, nutritious meal served at one of 45 dining sites located throughout ERIE COUNTY.