



Erie County Stay Fit Dining Program Menu



December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Orange Pineapple Juice Diced Pears (633) 	3 Beef Macaroni Casserole with Mozzarella Peas & Carrots Grape Juice Chef Salad with Dressing Multigrain Bread Oatmeal Round Cookie (996)	4 Cheese Tortellini with Chicken & Primavera Sauce Italian Bean Medley Zucchini & Tomatoes Dinner Roll Fresh Banana <i>Chocolate Milk</i> (687) 	5 Ham Steak with Maple Glaze Mashed Sweet Potatoes Brussels Sprouts Rye Bread Strawberry Ice Cream (630)	6 Beer Battered Fish with Tartar Sauce Tater Tots Au Gratin Broccoli Wheat Dinner Roll Vanilla Pudding (725) 
9 Chicken Breast with BBQ Sauce Cheesy Diced Potatoes Fiesta Corn Whole Wheat Dinner Roll Applesauce (606) 	10 Entrée Salad Beef Taco Salad with Shredded Cheddar, Tortilla Strips & Tomato Salsa on a Bed of Fresh Salad Greens Fudge Round Cookie (700)	11 Cheese Ravioli with Tomato Meat Sauce & Mozzarella Peas Grape Juice Chef Salad with Dressing Italian Bread Chocolate Ice Cream (966)	12 Chicken Vegetable Casserole Mashed Potatoes Green Beans Warm Biscuit Pineapple Tidbits <i>Chocolate Milk</i> (645) 	13 Salisbury Steak with Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges (742) 
16 Turkey Tetrizzini Brussels Sprouts Apple Juice Wheat Dinner Roll Lorna Doones (674)	17 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Brownie (683) 	18 Christmas Meal Broccoli-stuffed Chicken with Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Strawberry Cheesecake (1044) 	19 Beef Stroganoff over Pasta Carrots Broccoli Florets Fresh Orange <i>Chocolate Milk</i> (595) 	20 Welcome Winter Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes with Chives Mixed Vegetables Apple Pie with Whipped Topping (894)  
23 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Florets Muffin Tropical Fruit (677) 	24 No Meals Served SENIOR CENTER CLOSED	25 No Meals Served  	26 Chicken a la King Mashed Potatoes California Blend Vegetables Warm Biscuit Oatmeal Cookies (875) 	27 Polish Sausage with Sauerkraut & Mustard on a Bun Creamy Mushroom Pasta Green Beans with Red Pepper Applesauce (736)
30 Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (681) 	31 No Meals Served SENIOR CENTER CLOSED	1 No Meals Served  HAPPY NEW YEAR 	2 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (807)	3 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (908)  