














Erie County Stay Fit Dining Program Menu



JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
30 Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (681) 	31 New Year's Meal SENIOR CENTER CLOSED NO MEAL SERVED	1 No Meals Served 	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 Chocolate Milk (908) 
6  Pasta with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Sugar Cookies (755) 	7 Breaded Chicken Patty with Buffalo Sauce on a Bun Tater Tots Au Gratin Broccoli Fresh Banana Chocolate Milk (858) 	8 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Chef Salad with Dressing Vanilla Pudding (851) 	9 Polish Sausage with Sauerkraut & Mustard on a Bun Potatoes O'Brien Carrots Fudge Round (803) 	10 Ancho Chicken with Peppers, Onions, Salsa & Cheddar Spanish Rice Corn Fruit Punch Mandarin Oranges (675) 
13 Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Pineapple Tidbits (663) 	14 Swedish Meatballs over Pasta Harvard Beets Peas Fresh Orange Chocolate Milk (688) 	15 Vegetable Lasagna with Cream Sauce Broccoli Chef Salad with Dressing Dinner Roll Chocolate Pudding (780) 	16 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Chef Salad with Dressing Diced Peaches (696)	17 Martin Luther King Meal Breaded Chicken Drumsticks Seasoned Rice & Beans Mixed Greens Corn Muffin Banana Crème Pie (1118) 
20 No Meals Served 	21 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Pears (644) 	22 Entrée Salad Grilled Chicken Salad with Greek Dressing Multigrain Bread Strawberry Gelatin (666) 	23 Steakhouse Burger with Gravy on a Bun Mashed Potatoes Green Peas Fruit Cocktail Chocolate Milk (814) 	24 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Vanilla Pudding (691)
27 Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Pineapple Tidbits (762)	28  Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Green Beans Dinner Roll Oatmeal Round (752)	29  Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	30 Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Multigrain Bread Strawberry Ice Cream (789) 	31 Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Chef Salad with Dressing Fresh Orange Chocolate Milk (808)