



Erie County Stay Fit Dining Program Me



2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Macaroni Casserole with Mozzarella Peas & Carrots Zucchini & Tomatoes Italian Bread Pineapple Tidbits (753)	4 Fat Tuesday Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Cauliflower Chocolate Cream Pie (871)	5 Ash Wednesday Stuffed Shells with Tomato Sauce & Mozzarella Cheese Mixed Vegetables, Spinach Chef Salad with Dressing Dinner Roll Fresh Orange  Chocolate Milk (869)	6 Pork Loin with Warm Cinnamon Apples Sweet Potatoes Brussels Sprouts Dinner Roll Oatmeal Cookies (790)	7 Beer Battered Fish with Tartar Sauce Tater Tots Au Gratin Broccoli Wheat Dinner Roll Butterscotch Pudding (745)
10 BBQ Pork Ribette on a Bun Duchess Potatoes Mixed Vegetables Diced Pears (822)	11 Meatballs with Sweet & Sour Sauce over White Rice Broccoli & Carrots Fruit Punch Oatmeal Round (749)	12 Tortellini with Tomato Meat Sauce & Mozzarella Cheese Italian Bean Medley Grape Juice Chef Salad with Dressing Italian Bread Chocolate Ice Cream (828)	13 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Green Beans Cinnamon Applesauce  Chocolate Milk (635)	14 Omelet with Cheese Sauce Potatoes O'Brien California Blend Vegetables Wheat Bread Strawberry Gelatin (670)
17 St. Patrick's Day Meal Corned Beef with Cabbage Buttered Potatoes Carrots Deli Rye Bread Lime Sherbet (686)	18 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Diced Potatoes Spinach Lorna Doones (660)	19 Beef Stroganoff over Pasta Green Peas Cauliflower Fresh Banana  Chocolate Milk (670)	20 Welcome Spring! Grilled Chicken, Mandarin Orange & Sunflower Salad Wheat Dinner Roll Lemon Meringue Pie (825)	21 Lasagna Roll with Vegetable Cream Sauce Zucchini California Vegetable Blend Chef Salad with Dressing Fruit Cocktail (589)
24 Breaded Chicken Cutlet with Herb Gravy Mashed Sweet Potatoes Green Beans Wheat Dinner Roll Vanilla Pudding (730)	25 Chili con Carne with Cheddar Apple Juice Carrots Corn Muffin Chef Salad with Dressing Fresh Banana (912)	26 Polish Sausage with Sauerkraut & Mustard on a Bun Scalloped Potatoes Peas with Red Pepper Fudge Round (909)	27 Polynesian Chicken over Rice Wax Beans California Blend Vegetables Chocolate Chip Cookies (644)	28 Vegetable Quiche with Cheese Sauce Broccoli Florets Harvard Beets Wheat Bread Fruit Cocktail  Chocolate Milk (651)
31 Grilled Chicken with BBQ Sauce Rice with Black Beans Au Gratin Spinach Grape Juice Rice Krispie Treat (667)	1 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Peas Dinner Roll Mandarin Oranges  Chocolate Milk (727)	2 Soup & Salad Broccoli Cheddar Soup Chef Salad with Garbanzo Beans & Dressing Carrots Fruit Punch Wheat Dinner Roll Lorna Doones (878)	3 Breaded Boneless Pork Chop with Gravy Mashed Potatoes with Chives Mixed Vegetables Rye Bread Chocolate Pudding (713)	4 Beer Battered Fish with Tartar Sauce Cheesy Diced Potatoes Brussels Sprouts Multigrain Bread Strawberry Gelatin (632)