

LANCASTER SENIOR CENTER
 100 Oxford Ave
 Lancaster, NY 14086
 716-685-3498

Erie County Stay Fit Dining Program
Standard Menu
December 2019

Lunch orders are placed
 on TUESDAY one week
 ahead for the full week!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni Casserole with Mozzarella Cheese Cauliflower Seasoned Spinach Fruit Cocktail (690)	3 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Orange <i>Chocolate Milk</i> (821)	4 Entrée Salad Cranberry Chicken Salad on a Bed of Lettuce with Classique Dressing Club Crackers Tapioca Pudding with Mandarin Oranges (712)	5 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (751)	6 Roast Pork with Warm Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (713)
9 Breaded Chicken Drumsticks Mashed Potatoes Peas Biscuit Chocolate Chip Cookies (878)	10 Ham Steak with Maple Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Frosted Lemon Cake (790)	11 Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (766)	Welcome Winter! Cabbage Roll with Savory Meatsauce Garlic Mashed Potatoes Green Beans Dinner Roll Apple Pie with Whipped Topping (886)	13 Soup & Sandwich Shredded BBQ Pork on a Whole Wheat Bun Broccoli Cheese Soup Carrots Mandarin Oranges (716)
16 Italian Sausage with Peppers, Onions and Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Frosted Marble Cake (734)	17 Entrée Salad Julienne Salad Dinner Roll Pineapple (617)	18 Chicken Cordon Bleu with Herbed Cream Sauce Rice Pilaf Broccoli <i>Chef Salad with Dressing</i> Lemon Meringue Pie (1009)	19 Meatloaf with Gravy Mashed Potatoes Green Beans White Bread Vanilla Mousse (815)	20 Chili con Carne Carrots Fruit Punch Cornbread Fresh Apple <i>Chocolate Milk</i> (917)
23 Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Glazed Lemon Cake (951)	24 No Meals! Roast Turkey Roasted Potatoes Biscuit Strawberry Popsicles (888)	25 No Meals Served 	26 Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll Sugar Cookies (719)	27 Breaded Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges <i>Chocolate Milk</i> (901)
30 Cheese Ravioli with Tomato Meatsauce Peas Seasoned Summer Squash with Peppers Italian Bread Peaches (738)	New Year's Meal Breaded Pork Chop With Gravy Mashed Potatoes Vegetable Pilaf Dinner Roll Strawberry Popsicles No Meals!	1 No Meals Served 	2 Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges <i>Chocolate Milk</i> (806)	3 Entrée Salad Grilled Chicken Caesar Salad Whole Wheat Roll Tropical Fruit (833)