

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

Erie County Stay Fit Dining Program
 STANDARD
 FEBRUARY 2020



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

<p>3 Cheese Omelet with Peppers, Onions & Tomatoes & Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)</p>	<p>4 Entrée Salad Grilled Chicken Caesar Salad with Dressing Dinner Roll Cinnamon Pear Crisp (895)</p>	<p>5 Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli Chef Salad with Dressing Split Top Roll Peach Bavarian (743)</p>	<p>6 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (678)</p>	<p>7 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Pineapple Juice Fresh Apple Chocolate Milk (662)</p>
<p>10 Breaded Chicken Breast with Herbed Gravy Roasted Red Potatoes French Bean Medley Dinner Roll Diced Peaches & Pears Chocolate Milk (642)</p>	<p>11 Roast Beef with Gravy & Horseradish on a Bun Mashed Potatoes Mixed Vegetables Fruited Gelatin (792)</p>	<p>12 Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (865)</p>	<p>13 Meatloaf with Gravy Broccoli Cheese Rice Casserole Zucchini & Stewed Tomatoes Whole Wheat Roll Chocolate Chip Cookies (820)</p>	<p>Stuffed Shells with Mozzarella Cheese & Tomato Sauce Cauliflower with Parsley Chef Salad with Dressing Dinner Roll Cheesecake with Strawberry Topping (1052)</p>
<p>17 Patriot's Day Holiday  No Meals Served</p>	<p>18 Roasted Turkey with Gravy Garlic Mashed Potatoes Green Bean Casserole Wheat Bread Fruit Compote Molded Cranberry Salad (689)</p>	<p>19 President's Day Meal Breaded Boneless Pork Chop with Cranberry Chutney & Stuffing Baby Red Potatoes Carrots Cherry Pie with Whipped Topping Chef Salad with Dressing (1062)</p>	<p>20 Beef Stew Brussels Sprouts Biscuit Cinnamon Applesauce Chocolate Milk (675)</p>	<p>21 Stuffed Pepper with Tomato Meatsauce Mashed Potatoes Broccoli Dinner Roll Strawberry Bavarian (672)</p>
<p>24 Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Whole Wheat Dinner Roll Shortbread Cookies (692)</p>	<p>25 Breaded Chicken Drumsticks Spanish Rice Peas, Corn & Red Pepper Fruit Punch Chocolate Éclair Chef Salad with Dressing (897)</p>	<p>26 Ash Wednesday Vegetable Quiche with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (883)</p>	<p>27 Soup & Sandwich Broccoli Cheese Soup Sloppy Joe on a Wheat Bun Carrots Fresh Banana</p>	<p>28 Lenten Meal Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Cornbread Ambrosia Coleslaw (837)</p>