







Erie County Stay Fit Dining Program Menu






JANUARY 2023


Monday	Tuesday	Wednesday	Thursday	Friday
2 No Meals Served 	3 Polish Sausage with Sauerkraut & Mustard on a Bun Seasoned Potatoes Au Gratin Broccoli Rice Krispie Treat (772)	4 Entrée Salad Grilled Chicken, Mandarin Orange & Sunflower Salad with Dressing Wheat Dinner Roll Fruit Cocktail Chocolate Milk (651)	5 Tortellini with Tomato Meat Sauce & Shredded Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Fruit Punch Italian Bread Fresh Orange (736)	6 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (762)
9 Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (689)	10  Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (645)	11 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Chef Salad with Dressing Country Cottage Mix Grape Juice Ambrosia (780)	12 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Fresh Grapes Chocolate Milk (644)	13 Martin Luther King Meal Breaded Chicken Drumsticks Macaroni & Cheese Seasoned Mixed Greens Cornbread Marinated Cucumber, Tomato & Onion Salad Banana Cream Pie (1213)
16 No Meals Served 	17 Boneless Chicken Breast with Marsala Sauce Vegetable Rice Pilaf Italian Mixed Vegetables Fruit Punch Oatmeal Raisin Cookies (725)	18 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Tropical Fruit Chocolate Milk (605)	19 Soup & Salad Broccoli Cheddar Soup Cranberry Chicken Salad Carrots Chef Salad with Dressing Club Crackers Fresh Banana (928)	20 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)
23 Chicken Vegetable Casserole with a Biscuit Broccoli Florets Peaches & Mandarin Oranges (562)	24 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Fresh Orange Chocolate Milk (796)	25 Entrée Salad Chicken Caesar Salad with Caesar Dressing Whole Wheat Dinner Roll Cinnamon Streusel Cake (1060)	26 Lasagna Roll with Meat Sauce & Shredded Mozzarella California Mixed Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Lemon Bavarian (863)	27 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (722)
30 Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)	31 Soup & Salad Cream of Potato Soup with Ham Italian Bean Medley Chef Salad with Dressing Fruit Punch Biscuit Fruit Compote (676)	1 Rigatoni & Italian Sausage with Tomato Sauce & Shredded Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Peach Bavarian (737)	2 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (677)	3 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear Chocolate Milk (625)