

Erie County Stay Fit Dining Program Menu

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Chicken Breast with Herbed Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Sugar Cookies (718)	4 Beef Macaroni Casserole with Cheddar Cheese, Green Peas Fruit Punch, Chef Salad with Dressing, Italian Bread Rice Krispie Treat (946) 5pm – Breaded Chicken Drumstick, Broccoli Cheese Rice, Carrots, Roll Chef Salad & Dessert / Bingo	5 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit(746) 4pm- Chicken Caesar Salad, Roll & Dessert	6 Breaded Chicken Cutlet with Tomato Sauce & Mozzarella over Pasta Cauliflower Spinach Strawberry Gelatin (716)	7 Pork Loin with Gravy Scalloped Potatoes Green Beans with Red Pepper Wheat Dinner Roll Fresh Banana <i>Chocolate Milk</i> (720)
10 Caribbean Chicken Stew Broccoli Florets Orange Pineapple Juice Yellow Rice with Turmeric Lorna Doones (711)	11 Hamburger with Onion Gravy on a Bun Mashed Sweet Potatoes Green Beans Vanilla Pudding 5pm- Senior to Senior Dinner/Dance	12 Cream of Potato Soup with Ham Brussels Sprouts, Apple Juice Corn Muffin Fresh Banana <i>Chocolate Milk</i> (692) 4pm- Sliced Turkey, Cranberry Sauce, Mashed Potatoes, Green Beans, Stuffing, Chef Salad & Dessert	13 Beef Bourguignon Mashed Potatoes Peas Rye Bread Brownie (716)	14 Valentine's Day Broccoli Stuffed Chicken Breast with Herb Cream Sauce Rice Pilaf Mixed Vegetables Cranberry Juice Chef Salad with Dressing Cheesecake with Chocolate Sauce (1067)
17 No Meals Served 	18 Grilled Chicken with Marsala Sauce Mashed Potatoes Peas with Pearl Onion Dinner Roll Chocolate Pudding 5pm- Meatloaf, Scalloped Potatoes, California Blend Veggies, chef Salad & Dessert	19 Senior Board Luncheon 4pm- Garden Chicken Patty, roll & Dessert	20 Ham Steak with Pineapple Sauce Mashed Sweet Potatoes Green Beans Rye Bread Sugar Cookies (631)	21 Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Carrots Corn Muffin Chef Salad with Dressing Fresh Orange (840)
24 Homemade Monday!	25 Ground Beef Taco with a Flour Tortilla Spanish Rice Corn & Black Beans Chef Salad with Dressing Fresh Banana <i>Chocolate Milk</i> 5pm- Polish Sausage, Sauerkraut, Cheesy Diced Potatoes, Green Beans & Dessert – Shuffleboard	26 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Potatoes O'Brien Broccoli Florets Fudge Round 4pm-Greek Chicken, Roll & Dessert	27 Soup & Sandwich Minestrone Soup Chicken Salad Wheat Dinner Roll Brussels Sprouts Fig Bar (769)	28 Oscar Party & Lunch