



Erie County Stay Fit Dining Program Menu



2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Cauliflower Chocolate Pudding (601)  	2 Beef Macaroni Casserole with Mozzarella Peas & Carrots Grape Juice Multigrain Bread Lemon Ice (768) 	3 Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Mashed Potatoes Carrots Tropical Fruit (839) 	4 Entrée Salad Tuna Salad on a Bed of Fresh Salad Greens Club Crackers Fudge Round Cookie (664)  	5 Lower Sodium Baked Ham with Maple Glaze Mashed Sweet Potatoes California Blend Vegetables Rye Bread Pineapple Tidbits Chocolate Milk (622) 
8 Hearty Turkey Stew Garlic Mashed Potatoes Green Beans Dinner Roll Oatmeal Cookies (713) 	9 Soup & Salad Broccoli Cheddar Soup with a Warm Biscuit Carrots Chef Salad with Dressing Strawberry Gelatin (731)  	10 Tortellini with Tomato Meat Sauce & Mozzarella Mixed Vegetables Chef Salad with Dressing Grape Juice Italian Bread Fresh Banana (822) 	11 Roast Pork Loin with Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Applesauce Chocolate Milk (634)  	12 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Pineapple Tidbits (677) 
15 Stuffed Shells with Tomato Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Italian Bread Lorna Doones (775)  	16  Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Green Beans Pineapple Tidbits (587) 	17 Christmas Lunch Broccoli-stuffed Chicken with Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Cheesecake with Chocolate Sauce (1044)  	18  Beef Bourguignon Harvard Beets California Blend Vegetables Dinner Roll Fresh Orange Chocolate Milk (602)  	19 Welcome Winter Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Mixed Vegetables Apple Pie with Whipped Topping (894)  
22 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Muffin Mandarin Oranges (662) 	23  Chili con Carne with Cheddar Carrots Chef Salad with Dressing Apple Juice Corn Muffin Fresh Banana (912) 	24  Beef Pepper Steak Casserole with White Rice Zucchini Medley Broccoli Florets Strawberry Gelatin (581) 	25 No Meals Served  	26  Breaded Chicken Cutlet with Buffalo-style Sauce on a Bun Tater Tots Mixed Vegetables Pineapple Tidbits Chocolate Milk (813) 
29 Beef Stroganoff over Pasta Corn with Red Peppers Seasoned Spinach Tropical Fruit (591) 	30 Entrée Salad Chicken Caesar Salad with Caesar Dressing Wheat Dinner Roll Mandarin Oranges (751) 	31 New Year's Meal Pork Loin with Stuffing & Cranberry Chutney Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1095) 	1 No Meals Served 	2 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Dinner Roll Chocolate Brownie (755) 

**If you have a food allergy, please notify us.*