
























# Erie County Stay Fit Dining Program Menu

## FEBRUARY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread Butterscotch Pudding (839) 	<b>3</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746) 	<b>4</b> Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Broccoli Florets Chef Salad with Dressing Wheat Dinner Roll Lorna Doones (717) 	<b>5</b> Beef Bourguignon Harvard Beets Green Peas Rye Bread Fresh Orange <b>Chocolate Milk</b> (640) 	<b>6</b> Chicken Parmesan over Pasta Spinach California Blend Vegetables Pineapple Tidbits (678) 
<b>9</b> Mediterranean Chicken Stew Broccoli Florets Carrots Yellow Rice with Turmeric Diced Peaches (608) 	<b>10</b> Hamburger with Onion Gravy on a Wheat Bun Mashed Sweet Potatoes Green Beans Vanilla Pudding (753) 	<b>11</b> Cream of Potato Soup with Ham Brussels Sprouts Apple Juice Corn Muffin Fresh Banana <b>Chocolate Milk</b> (692) 	<b>12</b> Tortellini with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Italian Bread Diced Pears (653) 	<b>13 Valentine's Day</b> Broccoli Stuffed Chicken Breast with Herb Cream Sauce Rice Pilaf Mixed Vegetables Cranberry Juice Chef Salad with Dressing Cheesecake with Chocolate Sauce (1067)   
<b>16 No Meals Served</b> 	<b>17 Fat Tuesday</b> Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Mardi Gras Donut (940) 	<b>18 Ash Wednesday</b> Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Wheat Bread Rice Krispie Treat (859) 	<b>19</b> Roast Turkey with Gravy & Cranberry Sauce Mashed Sweet Potatoes Brussels Sprouts Multigrain Bread Fresh Banana <b>Chocolate Milk</b> (673) 	<b>20</b> Beer Battered Fish with Tartar Sauce Scalloped Potatoes Carrots Dinner Roll Pineapple Tidbits (677) 
<b>23</b> Polynesian Pork over White Rice Carrots Broccoli Florets Lorna Doones (654) 	<b>24</b> Beef Macaroni Casserole with Cheddar Cheese Corn Seasoned Spinach Italian Bread Fresh Orange <b>Chocolate Milk</b> (819) 	<b>25</b> Breaded Chicken Cutlet with Buffalo Sauce on a Bun Au Gratin Potatoes Green Peas Tropical Fruit (761) 	<b>26</b> Roast Beef with Horseradish & Gravy Ranch Mashed Potatoes Mixed Vegetables Multigrain Bread Sugar Cookies (730) 	<b>27</b> Minestrone Soup & Tuna Salad Brussels Sprouts Grape Juice Wheat Dinner Roll Strawberry Gelatin (728) 