



Erie County Stay Fit Dining Program Menu



January

2026



Monday	Tuesday	Wednesday	Thursday	Friday
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) 
5 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703) 	6 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Tater Tots Seasoned Broccoli Fresh Banana Chocolate Milk (824)  	7 Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (847)	8 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)	9 Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Wheat Bread Tropical Fruit (628)
12 Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796) 	13 Swedish Meatballs over Pasta Harvard Beets Peas Chef Salad with Dressing Pineapple Tidbits (742) 	14 Chicken Breast with Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange Chocolate Milk (656) 	15 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603) 	16 Martin Luther King Meal Breaded Chicken Drumsticks Red Beans & Rice Seasoned Greens Corn Muffin Banana Cream Pie (1118) 
19 No Meals Served 	20 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Pears (587) 	21 Roast Pork with Warm Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644) 	22 Entrée Salad Garden Chicken Salad with Cheddar, Croutons & Ranch Multigrain Bread Fresh Banana Chocolate Milk (966)  	23 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Wheat Dinner Roll Lorna Doones (969) 
26 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685) 	27 Entrée Salad Beef Taco Salad with Tortilla Strips, Cheddar Cheese & Taco Sauce Pineapple Tidbits (600) 	28 Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella California Blend Vegetables Orange Juice Chef Salad with Dressing Dinner Roll Fresh Banana (790) 	29 Chicken Breast with Marsala Sauce Rosemary-seasoned Potatoes Broccoli Florets Dinner Roll Sugar Cookies (621) 	30 Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Roll Mandarin Oranges Chocolate Milk (588) 

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