



# Erie County Stay Fit Dining Program Menu



## December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken & Sausage Paella Rice with Black Beans Corn with Red Pepper Orange Pineapple Juice Diced Pears (633) 	<b>3</b> Beef Macaroni Casserole with Mozzarella Peas & Carrots Grape Juice Chef Salad with Dressing Multigrain Bread Oatmeal Round Cookie (996)	<b>4</b> Cheese Tortellini with Chicken & Primavera Sauce Italian Bean Medley Zucchini & Tomatoes Dinner Roll Fresh Banana <i>Chocolate Milk</i> (687) 	<b>5</b> Ham Steak with Maple Glaze Mashed Sweet Potatoes Brussels Sprouts Rye Bread Strawberry Ice Cream (630)	<b>6</b> Beer Battered Fish with Tartar Sauce Tater Tots Au Gratin Broccoli Wheat Dinner Roll Vanilla Pudding (725) 
<b>9</b> Chicken Breast with BBQ Sauce Cheesy Diced Potatoes Fiesta Corn Whole Wheat Dinner Roll Applesauce (606) 	<b>10 Entrée Salad</b> Beef Taco Salad with Shredded Cheddar, Tortilla Strips & Tomato Salsa on a Bed of Fresh Salad Greens Fudge Round Cookie (700)	<b>11</b> Cheese Ravioli with Tomato Meat Sauce & Mozzarella Peas Grape Juice Chef Salad with Dressing Italian Bread Chocolate Ice Cream (966)	<b>12</b> Chicken Vegetable Casserole Mashed Potatoes Green Beans Warm Biscuit Pineapple Tidbits <i>Chocolate Milk</i> (645) 	<b>13</b> Salisbury Steak with Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges (742) 
<b>16</b> Turkey Trazzini Brussels Sprouts Apple Juice Wheat Dinner Roll Lorna Doones (674)	<b>17</b> Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Seasoned Potatoes Au Gratin Spinach Brownie (683) 	<b>18 Christmas Meal</b> Broccoli-stuffed Chicken with Creamy Herb Gravy Vegetable Rice Pilaf Peas with Red Pepper Chef Salad with Dressing Dinner Roll Strawberry Cheesecake (1044) 	<b>19</b> Beef Stroganoff over Pasta Carrots Broccoli Florets Fresh Orange <i>Chocolate Milk</i> (595) 	<b>20 Welcome Winter</b> Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes with Chives Mixed Vegetables Apple Pie with Whipped Topping (894)  
<b>23</b> Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Florets Muffin Tropical Fruit (677) 	<b>24</b> Chili con Carne with Cheddar Cheese Carrots Grape Juice Corn Muffin Fresh Banana <i>Chocolate Milk</i> (885) 	<b>25 No Meals Served</b> 	<b>26</b> Chicken a la King Mashed Potatoes California Blend Vegetables Warm Biscuit Oatmeal Cookies (875) 	<b>27</b> Polish Sausage with Sauerkraut & Mustard on a Bun Creamy Mushroom Pasta Green Beans with Red Pepper Applesauce (736)
<b>30</b> Beef Pepper Steak Casserole over Rice Zucchini Medley Broccoli Florets Fudge Round Cookie (681) 	<b>31 New Year's Meal</b> Pork Loin with Stuffing & Cranberry Chutney Mashed Potatoes with Chives Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1069)	<b>1 No Meals Served</b> 	<b>2</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Dinner Roll Sugar Cookies (807) 	<b>3 Entrée Salad</b> Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Wheat Dinner Roll Fresh Orange <i>Chocolate Milk</i> (908) 