



February 2025



Erie County Stay Fit Dining Program Menu

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) 	5 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746) 	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 Chocolate Milk (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 (753) 	12 Cream of Potato Soup with Ham Brussels Sprouts Apple Juice Corn Muffin Fresh Banana Chocolate Milk (692) 	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 (616) 	19 Lasagna Roll with Tomato Meat Sauce & Mozzarella Spinach Grape Juice Wheat Dinner Roll Mandarin Oranges Chocolate Milk (744) 	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 Macaroni & Cheese Zucchini & Tomatoes California Blend Vegetables Multigrain Bread Rice Krispie Treat (817) 	25 Ground Beef Taco with a Flour Tortilla Spanish Rice Corn & Black Beans Chef Salad with Dressing Fresh Banana Chocolate Milk (905) 	26 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Potatoes O'Brien Broccoli Florets Fudge Round (793) 	27 Soup & Sandwich Minestrone Soup Chicken Salad Wheat Dinner Roll Brussels Sprouts Fig Bar (769) 	28 Salisbury Steak with Gravy Mashed Potatoes Lima Bean Bake Wheat Bread Fruit Cocktail (758) 