

Erie County Stay Fit Dining Program

February 2024 Menu

Cheektowaga Senior Center Call Chris # 716-686-7417

Monday	Tuesday	Wednesday	Thursday	Friday
29 Frozen Meal Pickup 9:30 – 10:30 am Door #4 TRAY MEAL SERVED Cheese Omelet with Cheese Sauce, Tater Tots Peppers, Onions & Tomatoes Raisin Bread, Fruit Cocktail (717)	30 Grilled Chicken with Red Pepper Cream Sauce Mashed Potatoes Peas Breakaway Roll Sugar Cookies (696)	31 Rigatoni & Italian Sausage with Tomato Sauce & Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Chocolate Pudding (711)	1 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Mandarin Oranges (636)	2 Teriyaki Beef strips over rice Oriental Mixed Vegetables Orange Pineapple Juice Cinnamon Applesauce Chocolate Milk (669)
5 Frozen Meal Pickup 9:30 – 10:30 am Door #4 TRAY MEAL SERVED Grilled Chicken Fajita Skillet with Peppers, Onions, Salsa, and Cheddar on a Flour Tortilla Spanish Rice, Corn Fresh Orange (728)	6 Stuffed Shells with Tomato Meat Sauce & Parmesan Chef Salad with Dressing Cauliflower Italian Bread Shortbread Cookies (854)	7 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Pudding (883)	8 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Whole Wheat Dinner Roll Orange Sherbert Chocolate Milk (953)	9 Roast Beef with Gravy & Horseradish Mashed Potatoes French Bean Medley Chef Salad with Dressing Hamburger Roll Strawberry Gelatin (818)
12 Frozen Meal Pickup 9:30 – 10:30 am Door #4 TRAY MEAL SERVED Beef Stew Mashed Potatoes Brussels Sprouts Biscuit Cinnamon Applesauce (644)	13 Fat Tuesday Chicken & Sausage Jambalaya with Rice Fiesta Corn Broccoli Florets Chocolate Éclair (779)	14 Valentine's Day Cheese Ravioli with Tomato Sauce and Mozzarella Chef Salad with Dressing Cauliflower Grape Juice Dinner Roll Cheesecake with Chocolate Sauce (1023)	15 President's Day Turkey & Stuffing, Gravy Cranberry Sauce Sweet Potatoes Green Bean Casserole Cherry Pie with Whipped Topping (896)	16 Beer Battered Fish & Tartar Sauce, Cheesy Diced Potatoes Zucchini and Stewed Tomatoes Multigrain Bread Fruit Cocktail Chocolate Milk (696)
19 No Meals Served  SENIOR CENTER CLOSED	20 Frozen Meal Pickup 9:30 – 10:30 am Door #4 TRAY MEAL SERVED Sloppy Joe on a Wheat Roll Seasoned Red Potatoes Broccoli Florets Tropical Fruit (654)	21 Pork Chop with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Wheat Dinner Roll Shortbread Cookies (636)	22 Roast Beef w/ Gravy & Horseradish Cheesy Mashed Potatoes Sliced Carrots Rye Bread Fresh Banana Chocolate Milk (826)	23 Vegetable Quiche with Cheese Sauce Green beans Harvard Beets Blueberry Muffin Mandarin Oranges (681)
26 Frozen Meal Pickup 9:30 – 10:30 am Door #4 TRAY MEAL SERVED Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Spinach Diced Peaches (614)	27 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Tater Tots Broccoli Florets Fruit Cocktail Chocolate Milk (768)	28 Turkey with Stuffing & Gravy Mashed Sweet Potatoes Green Beans Applesauce (584)	29 Soup & Salad Beef Barley Soup Brussels Sprouts Chef Salad with Dressing Corn Muffin Chocolate Pudding (791)	1 Entrée Salad Tuna Macaroni Salad on a Bed of Salad Greens Multigrain Crackers Oatmeal Round (732)