










Erie County Stay Fit Dining Program Menu

JANUARY

2024

Cheektowaga Chris 716-686-7417



Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meals Served Senior Center Closed 	2 Frozen Meal Pickup 9:30 – 10:30 am Door #4 Tray Meal Served Boneless Chicken Breast with Marsala Sauce Cauliflower & Carrots Grape Juice Rice Pilaf Chocolate Chip Cookies (686)	3 Polish Sausage with Sauerkraut and Mustard on a Bun Seasoned Red Potatoes Au Gratin Broccoli Rice Krispie Treat (747)	4 Tortellini with Tomato Meat Sauce & Parmesan Cheese Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (681)	5 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Strawberry Gelatin Cup (867) 
8 Frozen Meal Pickup 9:30 – 10:30 am Door #4 Tray Meal Served Sliced Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (689)	9 Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding Cup (645)	10 No Meals Served Center Event No Lunch Served today 	11 Roast Pork Loin with Gravy Sweet Potatoes Green Beans Rye Bread Cinnamon Applesauce Chocolate Milk (624) 	12 Martin Luther King Meal Breaded Chicken Drumsticks Seasoned Rice & Beans Seasoned Mixed Greens Multigrain Bread Banana Cream Pie (1053) 
15 No Meals Served Senior Center Closed 	16 Frozen Meal Pickup 9:30 – 10:30 am Door #4 Tray Meal Served Breaded Chicken Patty with Buffalo-style Sauce on a Bun Broccoli Cheese Rice Casserole Carrots Tropical Fruit (796) 	17 Ground Beef Taco with Shredded Cheddar Cheese. Lettuce & Salsa on a Flour Tortilla Spanish Bean Medley Fruit Punch Oatmeal Raisin Cookies (942) 	18 Grilled Chicken Primavera Over Penne Pasta Italian Vegetables Peas Fresh Banana Chocolate Milk (628) 	19 Ham Steak with Brown Sugar Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Ice Cream (680) 
22 Frozen Meal Pickup 9:30 – 10:30 am Door #4 Tray Meal Served Hot Dog with Baked Beans and Ketchup on a Bun Cheesy Diced Potatoes Carrots Mandarin Orange Cup (692)	23 Swedish Meatballs with Creamy Gravy over Pasta Harvard Beets Peas with Pearl Onions Diced Pear Cup Chocolate Milk (713) 	24 Soup, Salad & Sandwich Broccoli Cheddar Soup Mashed Squash Chef Salad with Dressing Whole Wheat Dinner Roll Cranberry Chicken Salad Lorna Doone Cookies (988) 	25 Grilled Chicken with Polynesian Sauce over White Rice Broccoli Florets Fruit Punch Brownie (612) 	26 Lasagna Roll with Tomato Meat Sauce and Parmesan Cheese Cauliflower Chef Salad with Dressing Grape Juice Dinner Roll Vanilla Pudding Cup (796)
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 Cup (717)	30 Grilled Chicken with Red Pepper Cream Sauce Mashed Potatoes Peas Dinner Roll Sugar Cookies (696) 	31 Rigatoni & Italian Sausage with Tomato Sauce & Shredded Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Chocolate Pudding Cup (711)	1 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Mandarin Orange Cup (636) 	2 Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Cinnamon Applesauce Chocolate Milk (669) 