



Erie County Stay Fit Dining Program Menu



Cheektowaga Senior Center

April 2024

Call Chris # 716-686-7417

Monday	Tuesday	Wednesday	Thursday	Friday
1 Dyngus Day Meal <u>Regular meal will be served</u> Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Éclair (782)	2 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Tater Tot Broccoli Florets Chef Salad with Dressing Fresh Banana (867)	3 Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Butterscotch Pudding with Whipped Topping (801)	4 Polish Sausage with Sauerkraut & Mustard on a Bun Seasoned Potatoes California Blend Vegetables Mandarin Oranges Chocolate Milk (696)	5 Breaded Chicken Drumsticks Scalloped Potatoes Peas with Red Pepper Dinner Roll Fudge Round Cookie (868)
8 No Meals Served in Observance of the Solar Eclipse 	9 Frozen Meal Pickup 9:30 am – 10:30 am Door #4 Creamy Swedish Meatballs over Pasta, Peas Harvard Beets, Fresh Orange (650)	10 Vegetable Lasagna with Cream Sauce Broccoli Florets Chef Salad with Dressing Wheat Bread Vanilla Pudding (794)	11 Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Shredded Cheddar Cheese Spanish Rice Fiesta Corn Chef Salad with Dressing Tropical Fruit (809)	12 Breaded Pork Chop with Gravy Lazy Pierogi Orange-glazed Carrots Rye Bread Applesauce Chocolate Milk (708)
15 Frozen Meal Pickup 9:30 am – 10:30 am Door #4 <u>Regular Meal will be served</u> Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Italian Bread Lemon Ice (827)	16 Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Sugar Cookies Chocolate Milk (720)	17 Chicken Breast with Marsala Sauce, Mashed Squash Green Beans Chef Salad with Dressing Multigrain Bread Mandarin Oranges (571)	18 Steakhouse Burger with Gravy on a Bun Mashed Potatoes Lima Bean Bake Fruit Cocktail (802)	19 Entrée Salad Chicken Caesar Salad with Parmesan Cheese & Croutons Whole Wheat Dinner Roll Chocolate Pudding (804)
22 Frozen Meal Pickup 9:30 am – 10:30 am Door #4 <u>Tray Meal will be served</u> Cheese Omelet with Cheese Sauce Tater Tot Peppers, Onions & Tomatoes Raisin Bread Brownie (804)	23 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella Cheese California Blend Vegetables Grape Juice Dinner Roll Diced Peaches (721)	24 Entrée Salad Cranberry Chicken Salad on a Bed of Salad Greens Wheat Bread Vanilla Pudding (628)	25 Breaded Chicken Breast with Gravy Cheesy Mashed Potatoes Spinach Chef Salad with Dressing Whole Wheat Dinner Roll Strawberry Ice Cream (859)	26 Roast Beef with Horseradish & Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Diced Pears Chocolate Milk (789)
29 Frozen Meal Pickup 9:30 am – 10:30 am Door #4 <u>Tray Meal will be served</u> Beef Macaroni Casserole with Mozzarella Cheese Spinach Corn Dinner Roll Tropical Fruit (794)	30 Grilled Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Fresh Orange Chocolate Milk (793)	1 Chicken Breast with Mushroom Gravy Vegetable Rice Pilaf Country Cottage Mixed Vegetables, Fruit Punch Chef Salad with Dressing Diced Peaches (667)	2 Entrée Salad Beef Taco Salad with Ground Beef, Shredded Cheddar & Tortilla Strips Fruit Cocktail (653)	3 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Cauliflower Green Beans Whole Wheat Dinner Roll Fudge Round Cookie (665)

