

# Erie County Stay Fit Dining Program

## STANDARD MENU

**JANUARY 2016**

Mon	Tue	Wed	Thu	Fri
				1 <b>HAPPY NEW YEAR!</b>  <u>NO MEALS SERVED</u>
4 Chicken Vegetable Stew Sweet Corn Buttermilk Biscuit Fresh Fruit	5 Cheese Omelet with Cheese Sauce Home Fries w/Red Pepper Ratatouille Multigrain Bread Fruited Gelatin	6 Homemade Stuffed Pepper Savory Tomato Sauce Duchess Mashed Potatoes Wax Beans & Mushrooms Dinner Roll Frosted Brownie	7 Beef Pepper Casserole Fluffy Brown Rice Cauliflower Seasoned Spinach Lemon/Vanilla Pudding	8 Sliced Turkey w/Gravy Garlic Mashed Potatoes California Mixed Vegetables Dinner Roll Fresh Fruit
11 Swedish Meatballs over Spiral Pasta & Sauce Brussels Sprouts Carrot Coins Fig Bar	12 Cheese Stuffed Shells with Tomato Meat Sauce Chef Salad w/Dressing Tender Peas Strawberry Bavarian	13 Breaded Chicken Cutlet w/Gravy & Soft Roll Mashed Potatoes Broccoli Frosted Spice Cake	14 <u>ENTRÉE JULIENNE SALAD</u> Turkey, Ham & Swiss Chick Peas, Tomato, Carrot Fresh Lettuce Blend Pan Rye Bread Tropical Fruit	15 <u>Dr. Martin Luther King Lunch</u> Breaded Bone-In Pork Chop with Pan Gravy Mashed Potatoes Seasoned Spinach Fresh Cornbread Sweet Potato Pie
18 <u>DR. MLK HOLIDAY!</u>  <u>NO MEALS SERVED</u>	19 Ham Steak w/ Maple Glaze Whole Sweet Potatoes Broccoli WW Dinner Roll Fresh Fruit	20 Penne Pasta w/Meatballs & Tomato Sauce Green Beans w/Red Pepper Chef Salad w/Dressing Pineapple Tidbits	21 Boneless BBQ Chicken Breast over White Rice Mashed Squash Tender Peas Fruited Gelatin	22 Hearty Meatloaf w/Gravy Whipped Potatoes Orange-Glazed Carrots White Bread Tapioca Pudding w/Fruit
25 Veal Parmesan w/Penne Pasta & Tomato Sauce Broccoli Grape Juice Fresh Fruit	26 Turkey a la King Peas & Carrots Chef Salad w/Dressing Buttermilk Biscuit Fruit Delight Bar	27 Shredded BBQ Pork Soft Roll Sweet Potatoes w/Apples & Raisins Fiesta Corn Rice Krispie Treat	28 Boneless Chicken Breast w/Pan Gravy Oven Browned Potatoes Green Bean Casserole Tropical Fruit	29 Beef & Rice Patty over Cabbage w/Savory Sauce Whipped Potatoes Breakaway Roll Pumpkin Bavarian