

Erie County Stay Fit Dining Program

STANDARD MENU

February 2016

| Mon | Tue | Wed | Thu | Fri |
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| 1 Sweet & Sour Chicken over Fluffy Brown Rice Italian Green Beans Mixed Vegetables Fresh Fruit | 2 BBQ Pork Ribette Fresh Hoagie Roll Whipped Chive Potatoes Carrot Coins Fruit Delight Bar | 3 Roasted Chicken Thigh Au Gratin Potatoes Tender Peas Fresh Pan Rye Bread Fruited Gelatin | 4 Hearty Meatloaf w/Gravy Mashed Sweet Potatoes Cauliflower Fresh Dinner Roll Cinnamon Rice Pudding w/Raisins | 5 Chili Con Carne White Rice Sweet Corn Apple Juice Sugar Cookies |
| 8 Boneless Chicken Breast w/Pan Gravy Oven Baked Beans Mashed Squash Fresh Dinner Roll Tropical Fruit | 9 <u>Mardi Gras Lunch!</u> Chicken & Sausage Jambalaya Mixed Vegetables Apple Juice Wheat Dinner Roll Special Holiday Donut | 10 <u>Ash Wednesday</u> Cheese Omelet w/Creole Sauce Seasoned Diced Potatoes Apples & Cranberries Blueberry Muffin Chocolate Mousse | 11 <u>Valentine's Day Lunch!</u> Sliced Turkey w/Stuffing & Pan Gravy Whipped Potatoes Broccoli Luscious Cherry Pie! | 12 Vegetable Lasagna Roll w/Cheese Sauce Green Beans w/Red Pepper Fresh Italian Bread Fresh Fruit |
| 15 <u>Patriots Day Holiday!</u> <u>No Meals Served!</u> | 16 Ham & White Bean Casserole over White Rice Peas & Carrots Grape Juice Fresh Fruit | 17 Breaded Pork Loin w/ Pan Gravy Lyonnais Mashed Potatoes Mixed Vegetables Frosted Cherry Cake | 18 <u>Soup & Sandwich</u> Hearty Minestrone Soup Shredded Turkey & Gravy on a Soft Roll Cauliflower Oatmeal Cookie | 19 Baked Fish w/Dill Sauce Stewed Tomatoes w/CROUTONS Broccoli Ambrosia w/Fruit |
| 22 Pork Cubes in Gravy Whipped Potatoes Orange Glazed Carrots Fresh Rye Bread Chocolate Pudding | 23 Hamburger w/Gravy & Ketchup-Wheat Soft Roll Oven Browned Potatoes Mashed Squash Pineapple Tidbits | 24 Veal Parmesan over Penne Pasta w/Tomato Sauce Italian Style Beans Cauliflower Sugar Cookies | 25 Traditional Polish Sausage Hot Dog Bun Lazy Pierogi Apples & Cranberries Pumpkin Bavarian | 26 Breaded Fish w/Tartar Sauce Broccoli-Cheese-Rice Casserole Tender Peas-Coleslaw Frosted Brownie |
| 29 Turkey Vegetable Casserole Whipped Chive Potatoes Buttermilk Biscuit Fruit Delight Bar | 1 Homemade Goulash w/Shredded Cheese Broccoli Chef Salad w/Dressing Fresh Italian Bread Fresh Fruit | 2 Ham Steak w/Mustard Sauce Mashed Sweet Potatoes Cauliflower Fresh Wheat Bread Strawberry Bavarian | 3 Breaded Chicken Cutlet w/ Cacciatore Sauce Carrot Coins Green Beans Wheat Roll Tropical Fruit | 4 <u>Entrée Salad</u> Tuna Pasta Salad Fresh Mixed Greens w/Tomatoes & Carrots Grape Juice Unsalted Crackers Diced Pears |