



# Erie County Stay Fit Dining Program

## Standard Menu December 2021



Tuesday	Wednesday	Thursday
<b>30</b> Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Tapioca Pudding with Diced Peaches (736)	<b>1 Entrée Salad</b> Tuna Salad with Hard-Boiled Egg on a Bed of Fresh Salad Greens Whole Grain Crackers Fresh Apple <i>Chocolate Milk</i> (711)	<b>2</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)
<b>7</b> Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Lemon Cake with Frosting (821)	<b>8 Soup &amp; Salad</b> <i>New Menu Item</i> Chicken & Wild Rice Soup Broccoli Florets <i>Chef Salad with Dressing</i> Whole Wheat Dinner Roll Baked Pear Crisp (732)	<b>9</b> Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit <i>Chocolate Milk</i> (693)
<b>14 Entrée Salad</b> Julienne Salad with Dressing Dinner Roll Frosted Marble Cake (759)	<b>15</b> Board Luncheon	<b>16 Christmas Meal</b> Chicken Cordon Bleu with Herb Cream Sauce Vegetable Rice Pilaf Broccoli Spears Dinner Roll <i>Chef Salad with Dressing</i> Strawberry Cheesecake (1071)
<b>21 Welcome Winter</b> Creamy Tomato Soup Macaroni & Cheese Peas <i>Chef Salad with Dressing</i> Apple Pie with Whipped Topping (915)	<b>22</b> Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote <i>Chocolate Milk</i> (844)	<b>23</b> Roasted Turkey with Stuffing & Gravy Mashed Potatoes Peas & Carrots Molded Cranberry Salad Lorna Doones (795)
<b>28</b> Breaded Chicken Drumsticks Cheesy Mashed Potatoes Mixed Vegetables Wheat Bread Sugar Cookies <i>Chocolate Milk</i> (975)	<b>29</b> Beef Barley Soup Parslied Cauliflower Corn <i>Chef Salad with Dressing</i> Rye Bread Frosted Cherry Cake (752)	<b>30 New Year's Meal</b> Bone-In Pork Chop with Gravy Garlic Mashed Potatoes Orange-Glazed Carrots <i>Chef Salad with Dressing</i> Whole Wheat Dinner Roll Chocolate Cream Pie (1069)