

Erie County Stay Fit Dining Program

STANDARD

FEBRUARY 2022



Happy Valentine's Day

Tuesday	Wednesday	Thursday
<b>1 Entrée Salad</b> Greek Grilled Chicken Salad Breakaway Roll Cinnamon Pear Crisp (867)	<b>2</b> Lentil Bolognese Pasta Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (730)	<b>3</b> Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (700)
<b>8</b> Stuffed Shells with Tomato Meat Sauce and Shredded Mozzarella <i>Chef Salad with Dressing</i> Cauliflower Italian Bread Shortbread Cookies (921)	<b>9</b> Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (808)	<b>10 Entrée Salad</b> Tuna Salad on a Bed of Salad Greens with Dressing Whole Wheat Dinner Roll Ice Cream (676)
<b>15 Entrée Salad</b> Southwestern Steak Salad with Ranch Dressing Whole Wheat Dinner Roll Cinnamon Applesauce <i>Chocolate Milk</i> (907)	<b>16</b> Ham Steak with Crushed Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Whole Wheat Dinner Roll Shortbread Cookies (692)	<b>17</b> Breaded Chicken Breast with Gravy & Cranberry Sauce Garlic Mashed Potatoes Green Bean Casserole Wheat Bread Strawberry Bavarian (687)
<b>22</b> Sloppy Joe on a Wheat Roll Seasoned Roasted Red Potatoes Sliced Carrots Tropical Fruit (655)	<b>23</b> Boneless Chicken Breast with Herb Gravy Mushroom Farro Risotto Broccoli Deli Rye Bread Fresh Banana <i>Chocolate Milk</i> (768)	<b>24 President's Day Lunch</b> Breaded Bone-In Pork Chop with Gravy Ranch-seasoned Mashed Potatoes Peas with Pearl Onions <i>Chef Salad with Dressing</i> Dinner Roll Cherry Pie with Whipped Topping (1016)
<b>1 Fat Tuesday</b> Chicken & Sausage Paella Yellow Rice Fiesta Corn Fruit Punch Marinated Cucumber Salad Chocolate Eclair (796)	<b>Ash Wednesday</b> <b>2 Soup &amp; Salad</b> Broccoli Cheddar Soup <i>Chef Salad with Dressing</i> Carrots Cornbread Fresh Apple <i>Chocolate Milk</i> (976)	<b>3</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)

Please call the Lancaster Senior Center at 716-685-3498 to order. Lunch orders are placed one week ahead.