











For Reservations at United
Church Manor Call 668-5804
If turning in this sheet, please circle the days
you would like a meal

Erie County Stay Fit Dining Program

Standard Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 No Meals Served 	2 Breaded Chicken Breast with Gravy Mashed Sweet Potatoes Green Bean Casserole Dinner Roll Chocolate Chip Cookies (1022)	3 Sahlen's Hot Dog with Chili Sauce on a Bun Macaroni & Cheese California Blend Vegetables Tropical Fruit Cup (870)	4 Lasagna Roll with Tomato Meatsauce & Mozzarella Cheese Chef Salad with Dressing Cauliflower Italian Bread Strawberry Bavarian (968)
7 Boneless Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Dinner Roll Oatmeal Raisin Cookies (863)	8 ENTRÉE SALAD Julienne Salad with Classique Dressing Wheat Dinner Roll Fruit Cocktail (615) 	9 Polish Sausage with Sauerkraut & Mustard on a Bun Fresh Red-skin Potato Sliced Carrots Frosted Cherry Cake (983)	10 Tortellini with Tomato Meatsauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange <i>Chocolate Milk</i> (746) 	11 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Lorna Doones (582)
14 Sliced Turkey with Gravy Mashed Potatoes Carrots Dinner Roll Sugar Cookies (685)	15 Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Strawberry Bavarian (535)	16 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables Pineapple Juice Ambrosia (819) 	17 Roast Pork Loin with Cranberry Chutney Sweet Potato Peas Wheat Bread Chunky Cinnamon Applesauce (650)	18 Martin Luther King Meal Baked Tilapia with Creole Sauce Red Skin Potato Seasoned Collard Greens & Cornbread Banana Cream Pie (956) 
21 No Meals Served 	22 ENTRÉE SALAD Chicken Caesar Salad with Caesar Dressing Multigrain Bread Tropical Fruit (759) 	23 Beef Stroganoff over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (609)	24 Chicken Pasta Primavera Italian Vegetables Dinner Roll Fresh Fruit <i>Chocolate Milk</i> (828) 	25 Ham Steak with Maple Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (785)
28 Chicken Biscuit Pie Brussels Sprouts Fresh Banana (716)	29 Veggie Burger with Ketchup on a Wheat Bun Roasted Red Potato Seasoned Spinach Pineapple <i>Chocolate Milk</i> (684) 	30 Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	31 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)	1 Lasagna Roll with Meatsauce California Mixed Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (761)