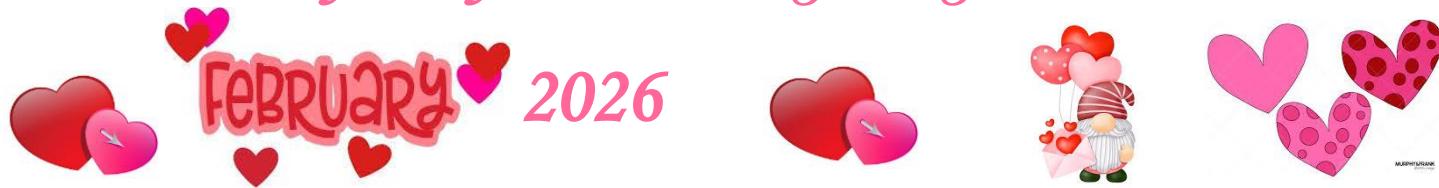


For Reservations at United
Church Manor Call 716-668-5804
If turning in this sheet, please circle the
days you would like a meal

Erie County Stay Fit Dining Program Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread Butterscotch Pudding (839) 	3 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746) 	4 Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Broccoli Florets Chef Salad with Dressing Wheat Dinner Roll Lorna Doones (717) 	5 Beef Bourguignon Harvard Beets Green Peas Rye Bread Fresh Orange Chocolate Milk (640) 	6 Chicken Parmesan over Pasta Spinach California Blend Vegetables Pineapple Tidbits (678) 
9 Mediterranean Chicken Stew Broccoli Florets Carrots Yellow Rice with Turmeric Diced Peaches (608) 	10 Hamburger with Onion Gravy on a Wheat Bun Mashed Sweet Potatoes Green Beans Vanilla Pudding (753) 	11 Cream of Potato Soup with Ham Brussels Sprouts Apple Juice Corn Muffin Fresh Banana Chocolate Milk (692) 	12 Tortellini with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Italian Bread Diced Pears (653) 	13 Valentine's Day Broccoli Stuffed Chicken Breast with Herb Cream Sauce Rice Pilaf Mixed Vegetables Cranberry Juice Chef Salad with Dressing Cheesecake with Chocolate Sauce (1067) 
16 No Meals Served 	17 Fat Tuesday Cabbage Roll with Savory Meat Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Mardi Gras Donut (940) 	18 Ash Wednesday Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Wheat Bread Rice Krispie Treat (859) 	19 Roast Turkey with Gravy & Cranberry Sauce Mashed Sweet Potatoes Brussels Sprouts Multigrain Bread Fresh Banana Chocolate Milk (673) 	20 Beer Battered Fish with Tartar Sauce Scalloped Potatoes Carrots Dinner Roll Pineapple Tidbits (677) 
23 Polynesian Pork over White Rice Carrots Broccoli Florets Lorna Doones (654) 	24 Beef Macaroni Casserole with Cheddar Cheese Corn Seasoned Spinach Italian Bread Fresh Orange Chocolate Milk (819) 	25 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Au Gratin Potatoes Green Peas Tropical Fruit (761) 	26 Roast Beef with Horseradish & Gravy Ranch Mashed Potatoes Mixed Vegetables Multigrain Bread Sugar Cookies (730) 	27 Minestrone Soup & Tuna Salad Brussels Sprouts Grape Juice Wheat Dinner Roll Strawberry Gelatin (728) 