



# Erie County Stay Fit Dining Program Menu



## January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Beef Stroganoff over Pasta Corn with Red Peppers Seasoned Spinach Tropical Fruit (591)	<b>30 Entrée Salad</b> Chicken Caesar Salad with Caesar Dressing Wheat Dinner Roll Mandarin Oranges (751)	<b>31 New Year's Meal</b> Pork Loin with Stuffing & Cranberry Chutney Scalloped Potatoes Brussels Sprouts Chef Salad with Dressing Chocolate Cream Pie (1095)	<b>1 No Meals Served</b> 	<b>2</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Green Peas Dinner Roll Chocolate Brownie (755)
<b>5</b> Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	<b>6</b> Breaded Chicken Cutlet with Buffalo Sauce on a Bun Tater Tots Seasoned Broccoli Fresh Banana <b>Chocolate Milk</b> (824)	<b>7</b> Polish Sausage with Sauerkraut & Mustard on a Bun Ranch Mashed Potatoes Carrots Fudge Round Cookie (847)	<b>8</b> Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)	<b>9</b> Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Green Beans Wheat Bread Tropical Fruit (628)
<b>12</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Broccoli Florets Grape Juice Italian Bread Sugar Cookies (796)	<b>13</b> Swedish Meatballs over Pasta Harvard Beets Peas Chef Salad with Dressing Pineapple Tidbits (742)	<b>14</b> Chicken Breast with Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange <b>Chocolate Milk</b> (656)	<b>15</b> Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603)	<b>16 Martin Luther King Meal</b> Breaded Chicken Drumsticks Red Beans & Rice Seasoned Greens Corn Muffin Banana Cream Pie (1118)
<b>19 No Meals Served</b> 	<b>20</b> Beef Pepper Steak Casserole over Rice Broccoli Florets Carrots Diced Pears (587)	<b>21</b> Roast Pork with Warm Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644)	<b>22 Entrée Salad</b> Garden Chicken Salad with Cheddar, Croutons & Ranch Multigrain Bread Fresh Banana <b>Chocolate Milk</b> (966)	<b>23</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Wheat Dinner Roll Lorna Doones (969)
<b>26</b> Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	<b>27 Entrée Salad</b> Beef Taco Salad with Tortilla Strips, Cheddar Cheese & Taco Sauce Pineapple Tidbits (600)	<b>28</b> Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella California Blend Vegetables Orange Juice Chef Salad with Dressing Dinner Roll Fresh Banana (790)	<b>29</b> Chicken Breast with Marsala Sauce Rosemary-seasoned Potatoes Broccoli Florets Dinner Roll Sugar Cookies (621)	<b>30</b> Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Roll Mandarin Oranges <b>Chocolate Milk</b> (588)

*\*If you have a food allergy, please notify us.*