



Erie County Stay Fit Dining Program Ken Ton
Call 874-3266 to order or cancel a meal
January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
January 2 New Year's Holiday No Meals Served	3 Baked Chicken Sweet Potato Lima Bean Bake Roll Chocolate Pudding (736)	4 Beef Stroganoff Cauliflower Green Beans with Shredded Carrots Rice Homemade Cookie (636)	5 Garlic, Lemon & Spinach Shrimp Italian Roasted Vegetables Pasta Roll Cantaloupe (625)	6 Low Sodium Ham Steak with Cheesy Scalloped Potatoes Peas & Carrots Roll Fruit Crisp (698)
9 Sliced Turkey Breast with Low Sodium Gravy Mashed Potato Carrots Roll Cranberry Gelatin (622)	10 Salisbury Steak with Low Sodium Onion Gravy Mashed Potatoes Broccoli & Carrots Breakaway Roll Lorna Doones (890)	11 Meatballs with Penne Pasta, Tomato Sauce & Mozzarella Country Cottage Mix Cauliflower Cannoli Parfait (862)	12 Roast Pork Loin with Low Sodium Gravy Sweet Potato Seasoned Collard Greens Stuffing Applesauce (623)	13 Baked Tilapia with Seafood Sauce Coleslaw Stewed Tomato & Zucchini Rice Pilaf Brownie (719)
16 Martin Luther King Day Holiday No Meals Served	17 Breaded Fish with Lemon Cream Sauce Red Potatoes Spinach Blueberry Muffin Square Pineapple (847)	18 Chicken Biscuit Pie with Vegetables & Gravy Broccoli Warm Apple Slices (594)	19 Meatloaf with Low Sodium Gravy Mashed Potato Peas and Pearl Onions Wheat Bread Fruit Berry Compote (805)	20 Side Salad Lasagna with Meat Sauce California Mix Vegetables Chef Salad with Dressing Orange (765)
23 Breaded Pork Chop with Low Sodium Gravy Lazy Pierogi California Mixed Vegetable Roll Peach Bavarian (728)	24 Baked Rigatoni with Italian Sausage & Tomato Sauce Cauliflower with Parsley Classic Mixed Vegetables Berry Compote (610)	25 Battered Fish with Tartar Sauce Roasted Red Potatoes Zucchini Medley with Peppers Cornbread Melon Salad (709)	26 Boneless Chicken Breast with Low Sodium Gravy Noodles Peas & Carrots Mashed Sweet Potato Pasta Roll Apple Cobbler (835)	27 Seasoned Beef Strips Oriental Mixed Vegetable with Green Pepper Carrots Rice Roll Apricots (641)
30 Salisbury Steak with Low Sodium Gravy Mashed Potatoes Mixed Vegetables Biscuit Strawberry Gelatin with Fruit Cocktail (785)	31 Breaded Tilapia with Lemon & Tartar Broccoli Cheese Rice Casserole with Grated Carrot Zucchini with Diced Tomato Wheat Bread Pineapple Upside Down Cake (777)	February 1 Pork Ribette with Barbecue Sauce Scalloped Potatoes California Mix Vegetables Roll Peach Cobbler (821) *Menu is subject to change*	2 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Fruit & Yogurt Parfait (661)	3 Baked Chicken Breast with Herb Gravy Roasted Red Potatoes with Green Pepper Hubbard Squash Roll Homemade Cookie (704)

--	--	--	--	--