



# Erie County Stay Fit Dining Program


STANDARD

FEBRUARY 2019



Happy Valentine's Day



				<b>1 Side Salad</b> Lasagna Roll with Meat Sauce California Blend Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (761)
<b>4</b> Omelet with Cheese Sauce Red & Green Peppers with Mushrooms Roasted Red Potatoes Raisin Bread Fresh Orange Chocolate Milk (810)	<b>5 Chinese New Year</b> Teriyaki Seasoned Beef Strips over Rice Oriental Mixed Vegetables Pineapple Juice Lemon Meringue Pie (742)	<b>6</b> 592-2741	<b>7</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Dinner Roll Pineapple & Mandarin Oranges (775)	<b>8 Entree Salad</b> Chicken Salad with Cranberries on a Bed of Lettuce & Tomatoes with Classique Dressing Breakaway Roll Cinnamon Pear Crisp (889)
<b>11</b> Herb Crusted Tilapia Broccoli Zucchini with Diced Tomato Wheat Bread Ice Cream (638)	<b>12</b> Stuffed Shells with Meat Sauce & Mozzarella Cheese Seasoned Spinach with Mushrooms Cauliflower Italian Bread Italian Cookies (734)	<b>13</b>	<b>14 Valentine's Day</b> Breaded Chicken Drumsticks Roasted Red Skin Potatoes French Bean Medley Dinner Roll Cheesecake with Chocolate Drizzle (895)	<b>15 Soup &amp; Sandwich</b> Shredded Roast Beef with Gravy & Horseradish on a Bun Potato Chowder Mixed Vegetables Strawberry Gelatin w/ Fruit Cocktail (721)
<b>18 Patriot's Day Holiday</b>  No Meals Served	<b>19</b> Hearty Beef Stew Brussels Sprouts Biscuit Fresh Banana Chocolate Milk (659)	<b>20 Presidents' Day Meal</b> Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Italian Bread Cherry Pie with Whipped Topping (891)	<b>21 Entree Salad</b> Julienne Salad Dinner Roll Lorna Doones (697)	<b>22 Side Salad</b> Cheese Tortellini with Chicken & Cream Sauce Chef Salad with Dressing Italian Vegetables Split top Roll Fresh Orange (788)
<b>25</b> Polynesian Chicken over White Rice California Blend Vegetables Summer Squash Chocolate Cake with Whipped Topping (810)	<b>26</b> Omelet with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (658)	<b>27</b>	<b>28</b> BBQ Pulled Pork Butternut Squash Roasted Red Potatoes Wheat Hamburger Roll Tropical Fruit Cup (700)	<b>1</b> Beer Battered Fish Mixed Vegetables German Potato Salad Cornbread Ambrosia (740)