

## **NOTES FROM THE OFFICE**

**A new year is starting-here it is 2023. Have to remember to write that now.**

**Hope you all made it through the holidays. In our area we were lucky in the weather department, our thoughts & prayers go out to all the people that were affected by the snow-cold & wind. It was like a ripple effect for all of us. We don't always realize how things like that just come down the line. So here I hope 2023 is a better year for us all. We welcome our new Concord Van drivers George Richert-you might have seen him a time or two on channel 4 & Jim Bialaski-who used to drive our van a few years ago. So, if you would like to meet them or our drivers-just call 716-592-2764—716-592-2768 for any medical appointments in Erie County. \**

**We will be closed January 16 for Martin Luther King Day.**

**Safe Driving Class is Tuesday January 17. If you want to save money on your vehicle insurance (who doesn't ) Then this is the class for you. It is a fun way to save.Only costs \$35. With free coffee & donuts-with a lunch offered.**

**If you like to dabble in the arts-then come & paint with Caroline on January 13. Cost is \$20.All supplies are included.**

**On Tuesday January 24 we are having a Stay Fit Dinner @ 4pm.No lunch that day. It is Roast Turkey-Mashed Sweet Potatoes-Peas-Stuffin-Molded Cranberry Salad-roll & Ice Cream for dessert all for the price of a \$3 Donation -plus our famous coffee.**

**WATCH** our Facebook page  
Events are added on there  
The concord senior center  
Check out the Springville  
Journal for weekly information.  
Our lunch numbers are getting  
low. People have left us for  
greater places or gone south **SO-**  
**JOIN US FOR LUNCH.** Even if  
you can only make it once a  
week. Where else can you get a  
good lunch plus fantastic  
company for \$3 donation. We  
also have a frozen meal  
program. Three or five frozen  
meals plus milk-roll-dessert for  
again \$3 donation per meal

# Eric County Stay Fit Dining Program Menu

## ANNIVERSARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 No Meats Served</b></p> <p><b>New! 30 YEARS *DAY*</b></p> <p>Polish Sausage with Sauerkraut &amp; Mustard on a Bun Seasoned Potatoes Au Gratin Broccoli Rice Krispie Treat (77z)</p>	<p><b>3</b></p> <p>Roast turkey Mashed sweet potatoes Peas-Stuffed-Molded Cranberry sauce-Salad Ice cream-Roll (86z)</p>	<p><b>Entree Salad</b></p> <p>Grilled Chicken, Mandarin Orange &amp; Sunflower Seed with Dressing Wheat Dinner Roll Fruit Cocktail Chocolate Milk (65f)</p>	<p><b>5</b></p> <p>Tortelliti with Tomato Meat Sauce &amp; Shredded Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Fruit Punch Italian Bread Fresh Orange (736)</p>	<p><b>6</b></p> <p>Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (76z)</p>
<p><b>9</b></p> <p>Sliced Turkey with Stuffing, Gravy &amp; Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (69f)</p>	<p><b>10</b></p> <p>Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (64f)</p>	<p><b>11</b></p> <p>Penne Pasta with Meatballs, Tomato Sauce &amp; Mozzarella Cheese Chef Salad with Dressing Country Cottage Mix Grape Juice Ambrosia (78f)</p>	<p><b>12</b></p> <p>Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Fresh Grapes Chocolate Milk (644)</p>	<p><b>Martin Luther King Meal</b></p> <p>Breakfast (65z) Cinnamon Swirl Macaroni &amp; Cheese Peanut Butter Cobbler Mashed Potatoes Mandarin Orange Chocolate Milk (62f)</p>
<p><b>16 No Meats Served</b></p> <p>Chicken Vegetable Casserole with a Biscuit Broccoli Florets Peaches &amp; Mandarin Oranges (86z)</p>	<p><b>17</b></p> <p>Boneless Chicken Breast with Marsala Sauce Vegetable Rice Pilaf Italian Mixed Vegetables Fruit Punch Oatmeal Raisin Cookies (72f)</p>	<p><b>18</b></p> <p>No lunch</p>	<p><b>19</b></p> <p>Broccoli Cheddar Soup Cranberry Chicken Salad Carrots Chef Salad with Dressing Club Crackers Fresh Banana (92f)</p>	<p><b>20</b></p> <p>Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)</p>
<p><b>23</b></p> <p>Chicken Vegetable Casserole with a Biscuit Broccoli Florets Peaches &amp; Mandarin Oranges (86z)</p>	<p><b>24 DINNER @4</b></p> <p>Roast turkey Mashed sweet potatoes Peas-Stuffed-Molded Cranberry sauce-Salad Ice cream-Roll (86z)</p>	<p><b>Entree Salad</b></p> <p>Chicken Caesar Salad with Caesar Dressing Whole Wheat Dinner Roll Cinnamon Streusel Cake (100f)</p>	<p><b>26</b></p> <p>Lasagna Roll with Meat Sauce &amp; Shredded Mozzarella California Mixed Vegetables Grape Juice Chef Salad with Dressing Dinner Roll Lemon Bavarian (86f)</p>	<p><b>27</b></p> <p>Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (72z)</p>
<p><b>30</b></p> <p>Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (68f)</p>	<p><b>1</b></p> <p>Rigatoni &amp; Italian Sausage with Tomato Sauce &amp; Shredded Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Peach Bavarian (73f)</p>	<p><b>2</b></p> <p>Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple &amp; Mandarin Oranges (67f)</p>	<p><b>3</b></p> <p>Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear Chocolate Milk (62f)</p>	