






LANCASTER SENIOR CENTER
 100 Oxford Ave
 Lancaster, NY 14086
 716-685-3498

Erie County Stay Fit Dining Program
 STANDARD
FEBRUARY 2019

Lunch orders are placed
 one week ahead on
WEDNESDAY



Monday	Tuesday	Wednesday	Thursday	Friday
28 Chicken Casserole with Biscuit & Gravy Brussels Sprouts Fresh Banana (721)	29 Veggie Burger with Ketchup on a Wheat Bun Roasted Red Potatoes Seasoned Spinach Pineapple  Chocolate Milk (684)	30 Roasted Pork Loin with Gravy Mashed Squash Creamy Cabbage with Dill Rye Bread Cinnamon Streusel Cake (690)	31 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Brownie (849)	1 Side Salad Lasagna Roll with Meat Sauce California Blend Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (761)
4 Omelet with Cheese Sauce Red & Green Peppers with Mushrooms Roasted Red Potatoes Raisin Bread Fresh Orange  Chocolate Milk (810)	5 Chinese New Year Teriyaki Seasoned Beef Strips over Rice Oriental Mixed Vegetables Pineapple Juice Lemon Meringue Pie (742)	6 Side Salad Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli Chef Salad with Dressing Split Top Roll Peach Bavarian (744)	7 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Dinner Roll Pineapple & Mandarin Oranges (775)	8 Entrée Salad Chicken Salad with Cranberries on a Bed of Lettuce & Tomatoes with Classique Dressing Breakaway Roll Cinnamon Pear Crisp (889)
11 Herb Crusted Tilapia Broccoli Zucchini with Diced Tomato Wheat Bread Ice Cream (638)	12 Stuffed Shells with Meat Sauce & Mozzarella Cheese Seasoned Spinach with Mushrooms Cauliflower Italian Bread Italian Cookies (734)	13 Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (865)	14 Valentine's Day Breaded Chicken Drumsticks Roasted Red Skin Potatoes French Bean Medley Dinner Roll Cheesecake with Chocolate Drizzle (895)	15 Soup & Sandwich Shredded Roast Beef with Gravy & Horseradish on a Bun Potato Chowder Mixed Vegetables Strawberry Gelatin w/ Fruit Cocktail (721)
18 Patriot's Day Holiday  No Meals Served	19 Hearty Beef Stew Brussels Sprouts Biscuit Fresh Banana  Chocolate Milk (659)	20 Presidents' Day Meal Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Italian Bread Cherry Pie with Whipped Topping (891)	21 Entrée Salad Julienne Salad Dinner Roll Lorna Doones (697)	22 Side Salad Cheese Tortellini with Chicken & Cream Sauce Chef Salad with Dressing Italian Vegetables Split top Roll Fresh Orange (788)
25 Polynesian Chicken over White Rice California Blend Vegetables Summer Squash Chocolate Cake with Whipped Topping (810)	26 Omelet with Cheese Sauce Spinach Harvard Beets Honey Bran Square Mandarin Oranges (658)	27 Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Sliced Carrots Rye Bread Apple  Chocolate Milk (705)	28 BBQ Pulled Pork Butternut Squash Roasted Red Potatoes Wheat Hamburger Roll Tropical Fruit Cup (700)	1 Beer Battered Fish Mixed Vegetables German Potato Salad Cornbread Ambrosia (740)