

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



Erie County Stay Fit Dining Program

Standard Menu

January 2020



Lunch orders are placed
 on TUESDAY one week
 ahead for the full week!

Monday	Tuesday	Wednesday	Thursday	Friday
 	1 	1 No Meals Served 	2 Bratwurst with Baked Beans & Mustard on a Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges <i>Chocolate Milk</i> (870)	3 Entrée Salad Grilled Chicken Caesar Salad Whole Wheat Roll Tropical Fruit (833)
6 Boneless Chicken Breast with Marsala Sauce Cauliflower Mixed Vegetables Dinner Roll Oatmeal Raisin Cookies (582)	7 Entrée Salad Cranberry Chicken Salad on a Bed of Lettuce Club Crackers Fruit Cocktail (661)	8 Polish Sausage with Sauerkraut & Mustard on a Bun Roasted Red-skin Potatoes AuGratin Broccoli Rice Krispie Treat (881)	9 Tortellini with Tomato Meatsauce Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange <i>Chocolate Milk</i> (701)	10 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (795)
13 Sliced Turkey with Gravy Mashed Potatoes Carrots Dinner Roll Lorna Doones Molded Cranberry Salad (765)	14 Beef Pepper Steak Casserole over Rice Broccoli Wax Beans with Carrot Butterscotch Pudding (645)	15 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Country Cottage Mix Chef Salad with Dressing Ambrosia (782)	16 Roast Pork Loin with Cranberry Chutney Sweet Potato Green Beans Wheat Bread Chunky Cinnamon Applesauce (607)	17 Martin Luther King Meal Breaded Chicken Drumsticks Mashed Sweet Potatoes Seasoned Mixed Greens Cornbread Banana Cream Pie (1087)
20 No Meals Served 	21 Panko Breaded Chicken Thigh Cheddar Mashed Potatoes Lima Bean Bake Multigrain Bread Tropical Fruit (792)	22 Beef Bourguignon over Brown Rice Cauliflower Oatmeal Raisin Cookies (863)	23 Chicken Pasta Primavera Italian Vegetables Fresh Banana <i>Chocolate Milk</i> (651)	24 Entrée Salad Julienne Salad Whole Wheat Dinner Roll Pear Crisp (677)
27 Cabbage Roll with Savory Meatsauce Mashed Potatoes Green Beans Fresh Apple <i>Chocolate Milk</i> (768)	28 Hot Dog with Baked Beans & Ketchup on a Bun Roasted Red Potato Zucchini & Stewed Tomatoes Pineapple (681)	29 Soup & Sandwich Cream of Potato Soup Shredded Pork in Gravy on a Whole Wheat Bun Brussels Sprouts Cinnamon Streusel Cake (897)	30 Lasagna Roll with Meatsauce California Mixed Vegetables Chef Salad with Dressing Dinner Roll Lemon Bavarian (760)	31 Superbowl Celebration Breaded Chicken Tenders with Buffalo Sauce Tater Tots Baby Carrots with Bleu Cheese Fruit Punch Superbowl Sundae! (1013)