

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



Erie County Stay Fit Dining Program  
 STANDARD  
 MARCH 2020



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Rotini & Meatballs with Tomato Sauce & Mozzarella Cheese Cauliflower Seasoned Spinach Fruit Cocktail (701)	<b>3</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Orange Chocolate Milk (821)	<b>4</b> Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)	<b>5</b> Roasted Turkey with Stuffing & Gravy Mashed Sweet Potatoes Peas Tapioca Pudding with Peaches Molded Cranberry Salad (799)	<b>6</b> Lenten Meal Entree Salad Tuna Macaroni Salad on a Bed of Lettuce Whole Grain Crackers Frosted Spice Cake
<b>9</b> Turkey A la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	<b>10</b> Entree Salad Julienne Salad Rye Bread Lemon Cake with Frosting (760)	<b>11</b> Roast Beef with Onion Gravy & Horseradish Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruited Gelatin (694)	<b>12</b> Breaded Boneless Chicken Breast with Tomato Sauce & Mozzarella Cheese over Pasta Wax Beans Chef Salad with Dressing Tropical Fruit Chocolate Milk (690)	<b>13</b> Lenten Meal Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Baked Pear Crisp (766)
<b>16</b> Italian Sausage with Peppers, Onions and Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	<b>17</b> St. Patrick's Day Corned Beef with Creamy Dill Cabbage Parslied Red Potatoes Carrots Deli Rye Bread Lime Sherbet (747)	<b>18</b> Boneless Chicken Breast with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (630)	<b>19</b> Welcome Spring Cranberry Chicken Salad on a Bed of Lettuce Club Crackers Strawberry Shortcake with Whipped Topping (745)	<b>20</b> Lenten Meal Vegetable Lasagna with Cream Sauce Italian Green Beans Cauliflower Dinner Roll Frosted Marble Cake (828)
<b>23</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Fruit Compote Chocolate Milk (884)	<b>24</b> Beef Stew Brussels Sprouts Biscuit Strawberry Bavarian (629)	<b>25</b> Cabbage Roll with Savory Meatsauce Garlic Mashed Potatoes Corn Rye Bread Lemon Cake with Lemon Frosting (854)	<b>26</b> Roast Turkey with Gravy Mashed Potatoes Peas and Carrots Breakaway Roll Lorna Doones Molded Cranberry Salad (754)	<b>27</b> Lenten Meal Breaded Fish with Tartar Sauce on a Bun Macaroni and Cheese Italian Green Beans Mandarin Oranges Coleslaw (924)
<b>30</b> Cheese Ravioli with Tomato Meatsauce Peas Seasoned Summer Squash with Red Peppers Italian Bread Peaches (738)	<b>31</b> Roasted Chiavetta Quarter Chicken Brown Rice Pilaf Carrots Cauliflower Sugar Cookies (755)	<b>1</b> Grilled Chicken Caesar Salad Whole Wheat Roll Key Lime Pie (1103)	<b>2</b> Roast Beef with Gravy & Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)	<b>3</b> Lenten Meal Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Muffin Tropical Fruit Chocolate Milk (741)