

# JANUARY MENU - ERIE COUNTY STAY FIT DINING PROGRAM

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Lunch is served at 12:15pm.  
Suggested donation \$3.50, unless noted otherwise, can be paid day of.  
Reservations required 48 hours in advance. Stop in office or call 716-633-5138



*This symbol means you need to pay when you sign up*

1 CENTER CLOSED

2 CENTER CLOSED



**CENTER CLOSED FOR MAINTENANCE**

5 CENTER CLOSED

6

Breaded chicken cutlet with Buffalo sauce on bun, tater tots, broccoli, banana, chocolate milk

7

Polish sausage with sauerkraut, mustard on bun, ranch mashed potatoes, carrots, fudge round cookie

8

Roasted turkey with stuffing, gravy, cranberry sauce, mashed butternut squash, corn, salad, mandarin oranges

9

Cheese omelet with creole sauce, cheesy diced potatoes, green beans, wheat bread, tropical fruit

**CENTER CLOSED FOR MAINTENANCE**

12

Lasagna roll with tomato meat sauce, mozzarella, broccoli, grape juice, Italian bread, sugar cookies

13

Swedish meatballs over pasta, Harvard beets, peas, salad, pineapple tidbits

14

Chicken breast with gravy, sweet potatoes, lima bean bake, roll, orange, chocolate milk

15

Hearty pork stew, mashed potatoes, carrots, roll, strawberry gelatin

16

**MARTIN LUTHER DAY MEAL**

Breaded chicken drumsticks, red beans & rice, seasoned greens, corn muffin, banana cream pie

19 CENTER CLOSED

20 INDOOR PICNIC

21

22 ENTREE SALAD

23



Hot dogs, baked beans, mac salad, soda, dessert bar.  
**1-2:30pm: Hastings Duo**  
**Cost: \$5.**  
Sign up and pay in office.

Roast pork with warm apples, sweet potatoes, green beans, wheat bread, butterscotch pudding

Garden chicken salad with cheddar, croutons & ranch, multigrain bread, banana, chocolate milk

Stuffed shells with tomato meat sauce, mozzarella, cauliflower, fruit punch, salad, wheat dinner roll, Lorna Doones

26

Turkey a la King, mashed potatoes, carrots, warm biscuit, chocolate pudding

27 ENTREE SALAD

Beef taco salad with tortilla strips, cheddar cheese & taco sauce, pineapple tidbits

28

Italian sausage with rigatoni, tomato sauce & mozzarella, California blend vegetables, orange juice, salad, roll, banana

29

Chicken with marsala sauce, rosemary seasoned potatoes, broccoli, roll, sugar cookies

30

Baked ham with pineapple sauce, scalloped potatoes, Brussels sprouts, wheat roll, mandarin oranges, chocolate milk

Loretta Sarafin

## TUESDAY DINNERS Dinner is served at 5pm. Suggested donation \$3.50.

**Tuesday, 1/6: Turkey Potluck:** The Center will provide turkey and dessert. Please bring a dish to pass. Sign up in office and let us know what you'll be bringing!

**Tuesday, 1/13:** Beer battered fish with tarter sauce, broccoli cheese rice casserole, mixed vegetables, whole wheat roll, salad, chocolate pudding with whipped topping

**Tuesday, 1/20:** Roasted turkey with gravy, cranberry sauce, sweet potatoes, green beans, stuffing, salad, sugar cookies

**Tuesday, 1/27:** Breaded boneless pork chop with gravy, mashed potatoes, Harvard beets, wheat roll, salad, apple pie with whipped topping

*Per Erie County Stay Fit Dining Program regulations, leftovers cannot be put in containers and taken home. Meals must be eaten on the premises. Please call if you have to cancel. Meals are held for 10 minutes, then returned to the kitchen. If you have a food allergy, please notify us. If an additional fee is noted, that is to cover the cost of entertainment and food that is not provided by Erie County meal program.*

**Reminder!**



1. Registration is required to participate in the meal program. Registration forms will be available in the Main Office starting January 1, 2026. Please stop in to fill one out at that time.
2. You must be at least 60 years old or the spouse of a person who is 60 years old.
3. There is not a direct charge for meals, but a contribution is appreciated. A recommended donation of \$3.50 is suggested, but please donate what you can. Donations go back to the Stay Fit program, to provide more nutritious meals to seniors.