

## DECEMBER MENU - ERIE COUNTY STAY FIT DINING PROGRAM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken and sausage paella, rice with black beans, corn with red pepper, cauliflower, chocolate pudding	<b>2</b> Beef macaroni casserole with mozzarella, peas, carrots, grape juice, multigrain bread, lemon ice	<b>3</b> Breaded chicken cutlet with Buffalo-style sauce on bun, mashed potatoes, carrots, tropical fruit	<b>4 ENTREE SALAD</b> Tuna salad on salad greens, club crackers, fudge round cookie	<b>5</b> Lower sodium baked ham with maple glaze, mashed potatoes, California blend vegetables, rye bread, pineapple tidbits, chocolate milk
<b>8</b> Hearty turkey stew, garlic mashed potatoes, green beans, roll, oatmeal cookies	<b>9 SOUP &amp; SALAD</b> Broccoli cheddar soup, biscuit, carrots, salad, strawberry gelatin	<b>10</b> Tortellini with tomato meat sauce & mozzarella, mixed vegetables, salad, grape juice, Italian bread, banana	<b>11</b> Roast pork loin with gravy, mashed potatoes, Brussels sprouts, roll, applesauce, chocolate milk	<b>12</b> Beer battered fish with tarter sauce, broccoli cheese rice casserole, zucchini & tomatoes, wheat roll, pineapple tidbits
<b>15</b> Stuffed shells with tomato meat sauce & mozzarella, broccoli, fruit punch, Italian bread, Lorna Doones	<b>16</b> Italian sausage with peppers, onions & tomato sauce on bun, seasoned potatoes, green beans, pineapple tidbits	<b>17 CHRISTMAS LUNCH</b> Broccoli stuffed chicken with creamy herb gravy, vegetable rice pilaf, peas with red pepper, salad, roll, cheesecake with chocolate sauce	<b>18</b> Beef bourguignon, Harvard beets, California blend vegetables, roll orange, chocolate milk	<b>19 WELCOME WINTER</b> Roasted turkey with stuffing gravy & cranberry sauce, mashed potatoes, mixed vegetables, apple pie with whipped topping
<b>22</b> Cheese omelet with creole sauce, cheesy diced potatoes, green beans, muffin, mandarin oranges	<b>23</b> Chili con carne with cheddar, carrots, salad, apple juice, corn muffin, banana	<b>24 NO LUNCH SERVED</b> CENTER CLOSING AT 12PM NO LUNCH SERVED	<b>25 CENTER CLOSED</b> <b>MERRY CHRISTMAS</b>	<b>26</b> Breaded chicken cutlet with Buffalo-style sauce on a bun, tater tots, mixed vegetables, pineapple tidbits, chocolate milk
<b>29</b> Beef stroganoff over pasta, corn with red peppers, seasoned spinach, tropical fruit	<b>30 ENTREE SALAD</b> Chicken Caesar salad, wheat roll, mandarin oranges	<b>31 NEW YEAR'S MEAL</b> Pork loin with stuffing, cranberry chutney, scalloped potatoes, Brussels sprouts, salad, chocolate cream pie	<b>PLEASE NOTE:</b> December 31: The Center will close after lunch is served. January 1: The Center is closed	

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

**Tuesday, 12/2:** Ancho chicken fajita skillet with peppers, onions, salsa, cheese & tortilla, Spanish rice, corn with red pepper, salad, chocolate chip cookie

**Tuesday, 12/9:** Cabbage roll with meat sauce, mashed potatoes, green beans whole wheat roll, salad, orange sherbert

**Tuesday, 12/16:** Meatloaf with Swiss gravy, garlic mashed potatoes, peas, whole wheat roll, salad, apple pie with whipped topping

**Tuesday, 12/23:** Meatloaf with Swiss gravy, scalloped potatoes, Brussels sprouts, salad, roll, oatmeal cookies

**Tuesday, 12/30:** Roasted turkey with gravy & cranberry sauce, sweet potatoes, green bean casserole, stuffing, lemon pound cake

*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.