

AMHERST SENIOR SERVICES

ERIE COUNTY SENIOR STAY- FIT DINING PROGRAM

February 2012

Call 636-3059— 24 hours in advance

Menu subject to change

Program Director: MICHAEL SACCOMANNO

Monday	Tuesday	Wednesday	Thursday	Friday
30 Spaghetti & Meatballs Tomato Sauce French Bean Medley Chef Salad Apple (851)	31 Pork Chop Mashed Potato Broccoli Birthday Cake Ice Cream	1 Beef Pepper Patty Onion Gravy Beets Scalloped Potatoes Fruit Compote (759)	2 Turkey Vegetable Stew Dinner Roll Chef Salad Lemon Meringue Pie	3 Meatloaf with Gravy Lyonnais Mashed Potato Zucchini Medley Rye Bread Strawberry Bavarian (641)
6 2 Chicken Drumsticks Spanish Rice Peas Tropical Fruit (745)	7 Beef Cubes w Gravy Penne Pasta Seasoned Mashed Squash Chef Salad Banana(935)	8 Stuffed Pepper Savory Sauce Duchess Potatoes Diced Carrots Chocolate Cake (964)	9 L S Ham Honey Mustard Sauce Scalloped Potatoes Lima Bean Bake Orange Pineapple Velvet (718)	10 Lasagna Tomato Sauce French Bean Medley <u>Alternate Meal</u> Julienne Salad
13 LS Polish Sausage Sauerkraut and Mustard Roasted Red Potatoes Vegetables Normandy Orange (692)	14 Bnls Chicken Breast Spiral Pasta & Tomato Sauce Orange glazed Carrots Seasoned Spinach Strawberry Shortcake (626)	15 Breaded Fish Au Gratin Potatoes Ratatouille Coleslaw Pineapple chunks (1021)	16 Sloppy Joe Sandwich Corn Mashed Potatoes Gelatin Cubes (727)	17 Roast Turkey Breast Stuffing, Gravy, Cranberry Mashed Potatoes Broccoli, Cauliflower Chef Salad Ambrosia (749)
20 Center Closed Presidents Day Holiday	21 Boneless Pork Chop Ranch Mashed Potatoes Diced Squash Molded Waldorf Mardi Gras Donut (748)	22 Cheese Omelet Roasted Red Potatoes Peas, Corn, Red Pepper\ <u>Alternate Meal</u> Grilled Chicken Salad	23 Meatloaf with Gravy Scalloped Potatoes Broccoli Brownie (790)	24 Baked Fish/Dill Sauce Macaroni & Cheese Vegetables Normandy Banana (768)
27 Pepper Steak White Rice Green Bean Medley Oatbran Square Peach Slices (773)	28 Grilled Chicken Breast Roasted Potatoes Lima Beans w Onion Pumpkin Bavarian (742)	29 Penne Pasta With Meat Sauce & Parmesan Cheese Peas, Carrot coins Pineapple Upside Down Cake (742)	1 Sliced Pork Stuffing & Gravy Mashed Sweet Potatoes Creamed Cabbage w Dill Molded Cranberry Salad (907)	2 Macaroni & Cheese Broccoli & Cauliflower Chef Salad Apple (1042)