



Erie County Stay Fit Dining Program Ken Ton – Van Rides \$1 Each Way!
STANDARD – KENMORE COMMUNITY CENTER – 716.873.7500
March 2025 – Must Call 24 Hrs in Advance, before 11am!



Monday	Tuesday	Wednesday	Thursday	Friday
March 3 Beef Chili con Carne with Grated Cheddar Cheese Brown Rice Carrots & Broccoli Crackers Apple (737)	4 Fat Tuesday Meal Scrambled Eggs with Peppers & Onions & Cheese Sausage Red Potatoes Fruit Compote with Berries & Apricots Pancakes with Syrup (877)	5 Ash Wednesday Baked Cod with Mango Salsa Rice Pilaf Broccoli Cornbread Cake (658)	6 Side Salad Chicken Florentine with Sauce & Spinach Classic Mixed Vegetables Chef Salad with Dressing Penne Pasta Fruit Parfait (671)	7 Lenten Meal Cheesy Lasagna Spinach Cauliflower Chocolate Chip Cookie (996)
10 Potato, Kielbasa & Chicken Skillet Carrots Green Beans with Green Peppers Roll Fruit Crisp (637)	11 Steakette Burger with Low Sodium Mushroom Gravy Mashed Potato Classic Mixed Vegetables Rye Bread Apricots (875)	12 Manicotti with Red Sauce California Mix Vegetables Wax Beans Roll Fruit & Yogurt (616)	13 Roast Turkey with Low Sodium Gravy Sweet Potatoes Peas Stuffing White Cake with Chocolate Frosting (710)	14 Lenten Meal Macaroni & Cheese Oriental Blend Vegetables Broccoli Homemade Cookie (755)
17 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash with Peppers Italian Bread Saint Patties Parfait (779)	18 Chicken Cordon Bleu with Hollandaise Sauce Orange Glazed Carrots Broccoli Rice Marble Cake (870)	19 Saint Patrick's Day Hot Corned Beef with Cabbage Boiled Potatoes Carrots Rye Bread Shamrock Cookie (790)	20 Chicken & Waffles with Syrup Red Potatoes with Green Peppers Warm Apples and Apricots Cheesecake (860)	21 Lenten Meal Beer Battered Fish Coleslaw Peas & Carrots Roll Fruit & Yogurt (727)
24 Beef Pepper Steak Casserole with Pepper & Onion Broccoli & Carrots Zucchini with Green Pepper Rice Roll Cherry Parfait (678)	25 Cheesy Barbecue Chicken with Onion & Bacon Rice Pilaf Broccoli Roll Applesauce (593)	26 Turkey a la King Mashed Potatoes Country Cottage Mixed Vegetables Roll Ginger Cookie (684)	27 Homemade Goulash with Mozzarella Cheese Seasoned Spinach Bermuda Blend Vegetables Italian Bread Strawberry Yogurt Parfait (69)	28 Lenten Meal Italian Haddock with Bruschetta Topping Mixed Vegetables Cauliflower Brown Rice Roll Homemade Cookie (726)
31 Swedish Meatballs with Low Sodium Sauce Vegetable Medley Zucchini Pasta Roll Tropical Fruit (746)	April 1 Honey Glazed Chicken Sweet Potato Lima Bean Bake Roll Pineapple (646) **Menu subject to change**	2 Beef Stroganoff Cauliflower Green Beans with Shredded Carrots Rice Homemade Cookie (770)	3 Low Sodium Ham Steak with Pineapple Scalloped Potatoes Au Gratin Broccoli & Carrots Baked Pineapple Roll Fruit Crisp (763)	4 Lenten Meal Garlic & Spinach Shrimp Wax Beans Italian Roasted Vegetables Pasta Roll Cantaloupe (758)