

Erie County Stay Fit Dining Program



Frozen Meal Menus

A contribution of \$3.50 **per meal** is suggested. However, any amount is appreciated and goes directly to supporting the Frozen Meal Program. Thank you for your contribution!

The *Erie County Stay Fit Dining Program* is pleased to offer **Frozen Meals** to take home!

- Meals come in packs of 3 or 5.
- Meals are picked up weekly.
- Any combination of up to 10 meals can be ordered per week.
- All meals will be a combination of the 3 and/or 5-pack meals
- Each meal includes milk, bread, butter & dessert.

Meals for Week of October 6th

Chili con Carne, Tater Tots, Carrots (658)

Hearty Pork Stew, Mashed Potatoes, Green Beans (525)

Breaded Chicken Cutlet with Herb Gravy, Scalloped Potatoes, Peas with Red Peppers (688)

Hamburger with Onion Gravy, Ranch Mashed Potatoes, Broccoli Florets (605)

Chicken Breast with Marsala Sauce, Spinach with Mushrooms, Mixed Vegetables (449)



Meals for Week of October 13th

Chicken with Pepper, Onion & Tomato Sauce, Spanish Rice, Fiesta Corn (512)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Peas (602)

Veal Patty with Gravy, California Blend Vegetables, Zucchini (566)

Hot Dog with Baked Beans, Macaroni & Cheese, Broccoli Florets (611)

Hamburger with Gravy, Mashed Potatoes, Carrots (610)



Meals for Week of October 20th

Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts (552)

Polish Sausage with Sauerkraut, German Potato Salad, Au Gratin Broccoli (626)

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Peas with Red Peppers (675)

Turkey with Gravy, Mashed Butternut Squash, Corn (462)

Omelet with Cheese Sauce, Potatoes O'Brien, Green Beans (510)



Meals for Week of October 27th

Lasagna Roll with Tomato Meat Sauce, Cannellini Beans, Broccoli (670)

Breaded Chicken Cutlet with Gravy, Sweet Potatoes, Lima Bean Bake (680)

Swedish Meatballs, Harvard Beets, Peas (560)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Hamburger with Gravy, Corn with Red Peppers, Au Gratin Spinach (583)



**Calories indicated for each day are without dessert but include bread, butter & milk*

**If you have a food allergy, please notify us.*

Sign up with your dining site
manager one week in advance

**Menu items are subject to change*

