



Erie County Stay Fit Dining Program

Frozen Meals Menu – September 2025



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. Milk and dessert are included with each meal. ***Please remember that a contribution of \$3.50 per meal (\$10.50 per 3-pack, \$17.50 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***

Meals for Week of **Tuesday**, September 2nd

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Chicken Breast with Lemon Herb Sauce, Rice Pilaf, Green Beans (539)

Macaroni & Cheese, Broccoli Florets, Cauliflower (686)

Breaded Pork Chop with Cinnamon Apples, Mashed Sweet Potatoes, Brussels Sprouts (586)

Breaded Chicken Cutlet with BBQ Sauce, Mashed Potatoes, Carrots (639)

Meals for Week of September 8th

Hearty Pork Stew, Mashed Potatoes, Broccoli Florets (526)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Carrots (566)

Chicken a la King, Sweet Potatoes, Green Beans (566)

Hamburger with Gravy, Scalloped Potatoes, Vegetable Blend (656)

Breaded Chicken Cutlet with Gravy, Ranch Mashed Potatoes, Peas (661)



Meals for Week of September 15th

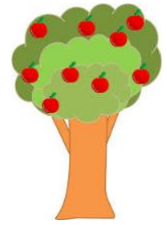
Hamburger with Gravy, Broccoli Florets, Mixed Vegetables (562)

Breaded Chicken Cutlet with Buffalo Sauce, Mashed Potatoes, Carrots (631)

Chicken & Sausage Paella with Yellow Rice, Corn with Red Peppers, Cauliflowers (581)

Beef Macaroni Casserole, Broccoli Florets, Yellow Wax Beans (640)

Baked Ham with Maple Glaze, Mashed Sweet Potatoes, California Blend Vegetables (509)



Meals for Week of September 22nd

Hearty Turkey Stew, Garlic Mashed Potatoes, Green Beans (473)

Meatballs with Sweet Chili Sauce, White Rice, Carrots (673)

Tortellini with Tomato Meat Sauce, Mixed Vegetables, Spinach (675)

Pork Loin with Gravy, Mashed Potatoes, Brussels Sprouts (561)

Breaded Fish Patty, Broccoli Cheese Rice Casserole, Zucchini with Tomatoes (612)



Meals for Week of September 29th

Pork Ribette with BBQ Sauce, Duchess Potatoes, Carrots (660)

Chicken Breast with Herb Gravy, Spinach, Yellow Wax Beans with Carrots (417)

Italian Sausage with Pepper & Onion Tomato Sauce, Red Potatoes, Green Beans (474)

Beef Bourguignon, Mashed Potatoes, Corn (601)

Stuffed Shells with Tomato Meat Sauce, Cannellini Beans, Broccoli Florets (726)

(Menus are subject to change)

(Numbers in Red are Calories without dessert; includes bread, butter & milk)

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

