



Erie County Stay Fit Dining Program

Frozen Meals Menu – July 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 July 7th

Polish Sausage with Sauerkraut, Scalloped Potatoes, Peas (679)

Chili con Carne, Tater Tots, Carrots (658)

Chicken Vegetable Casserole, Mashed Potatoes, Green Beans (497)

Chicken Breast with Lemon Herb Sauce, Rice Pilaf, Spinach (528)

Omelet with Cheese Sauce, Harvard Beets, Broccoli Florets (570)



Meals for Week of July 14th

Turkey with Gravy, Mashed Potatoes with Chives, California Blend Vegetables (489)

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

Breaded Chicken Cutlet with Gravy, Green Beans, Carrots (534)

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

Breaded Veal Cutlet with Tomato Sauce, Scalloped Potatoes, Corn (716)



Meals for Week of July 21st



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

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Au Gratin Broccoli (670)

Polish Sausage with Sauerkraut, Ranch Mashed Potatoes, Carrots (615)

Turkey with Gravy, Mashed Butternut Squash, Corn (463)

Omelet with Cheese Sauce, Potatoes O'Brien, Green Beans (509)

Meals for Week of July 28th



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

Swedish Meatballs with Pasta, Peas (617)

Breaded Chicken Cutlet with Gravy, Mashed Sweet Potatoes, Green Beans (635)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

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

(Menus are subject to change)

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

