

# Erie County Stay Fit Dining Program

## JANUARY 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 January 5<sup>th</sup>

Omelet with Creole Sauce, Cheesy Potatoes, Green Beans (489)

Chili con Carne, Carrots, Peas (599)

Beef Pepper Steak Casserole, White Rice, Broccoli Florets (567)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Peas & Carrots (532)

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Mixed Vegetables (669)



### Meals for Week of January 12<sup>th</sup>

Beef Stroganoff, Pasta, Spinach (546)

Hamburger with Gravy, Baked Beans, Broccoli Florets (613)

Pork Loin with Cranberry Chutney, Scalloped Potatoes, Brussels Sprouts (576)

Breaded Veal Cutlet with Gravy, Vegetable Medley, Zucchini (557)

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



## Meals for Week of **Tuesday**, January 20<sup>th</sup>

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

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Broccoli (636)

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

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

Omelet with Creole Sauce, Cheesy Potatoes, Green Beans (489)



## Meals for Week of January 26<sup>th</sup>

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

Meatballs with Swedish Sauce, Pasta, Harvard Beets (604)

Chicken Breast with Herb Gravy, Sweet Potatoes, Lima Bean Bake (557)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Breaded Chicken Cutlet with Gravy, Rice & Beans, Seasoned Mixed Greens (669)



*\*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*

happy  
**WINTER**