

# 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 March 2<sup>nd</sup>

Sloppy Joe, Tater Tots, Green Beans (588)

Hearty Chicken Stew, Garlic Mashed Potatoes, Mixed Vegetables (531)

Macaroni & Cheese, Stewed Tomatoes, California Blend Vegetables (703)

Roasted Turkey with Gravy, Mashed Sweet Potatoes, Brussels Sprouts (496)

Breaded Fish Patty, Scalloped Potatoes, Carrots (611)



### Meals for Week of March 9<sup>th</sup>

Polynesian Pork, White Rice, Broccoli Florets (565)

Beef Macaroni Casserole, Corn, Spinach (689)

Breaded Chicken Cutlet with Buffalo Sauce, Au Gratin Potatoes, Peas (656)

Hamburger with Gravy, Ranch Mashed Potatoes, Mixed Vegetables (638)

Stuffed Shells with Tomato Sauce, Brussels Sprouts, Cauliflower (489)



## Meals for Week of March 16<sup>th</sup>

Breaded Chicken Cutlet with Gravy, Scalloped Potatoes, Broccoli Florets (648)

Hearty Beef Stew, Mashed Potatoes, Green Peas (582)

Baked Ham with Maple Glaze, Sweet Potatoes, Lima Bean Bake (544)

Breaded Veal Parmigiana, California Blend Vegetables, Spinach (587)

Breaded Fish Patty, Broccoli Cheese Rice Casserole, Carrots (614)



## Meals for Week of March 23<sup>rd</sup>

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

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

Cheese Tortellini with Red Pepper & Chicken Cream Sauce, Vegetable Blend, Spinach (573)

Roasted Pork Loin with Cinnamon Apples, Sweet Potatoes, Brussels Sprouts (539)

Omelet with Pepper & Onion Cheese Sauce, Rosemary Potatoes, Mixed Vegetables (555)



## Meals for Week of March 30<sup>th</sup>

Pork Ribette with BBQ Sauce, Duchess Potatoes, Peas (635)

Hamburger with Gravy, Butter-Parsley Potatoes, Carrots (576)

Breaded Chicken Cutlet with Gravy, Mashed Sweet Potatoes, Green Beans (621)

Italian Sausage with Pepper & Onion Tomato Sauce, Corn, Spinach (468)

Lasagna Roll with Primavera Cream Sauce, Broccoli, Cauliflower (484)



*\*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*

