

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 June 1st

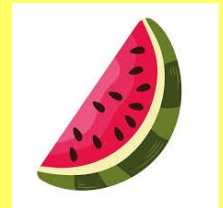
Cheesy Chicken Pasta Bake, Stewed Tomatoes, Vegetable Blend (631)

Polynesian Pork with White Rice, Broccoli Florets (565)

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

Breaded Chicken Cutlet with Buffalo Sauce, Au Gratin Potatoes, Green Beans (612)

Hamburger with BBQ Sauce, Ranch Mashed Potatoes, Corn (665)



Meals for Week of June 8th

Hamburger with Gravy, Peas & Carrots, California Blend Vegetables (532)

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Beef Bourguignon, Mashed Potatoes, Harvard Beets (583)

Chicken Breast with Marsala Sauce, Scalloped Potatoes, Peas with Pearl Onions (564)

Salisbury Steak with Gravy, Mashed Sweet Potatoes, Carrots (645)



Meals for Week of June 15th

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

Chicken & Sausage Paella, Black Beans & Rice, Corn & Red Peppers (561)

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

Hot Dog with Baked Beans, German Potato Salad, Peas (596)

Lasagna Roll with Tomato Meat Sauce, Carrots, Spinach (484)



Meals for Week of June 22nd

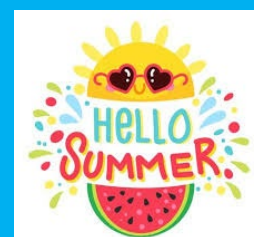
Turkey Stew, Garlic Mashed Potatoes, Green Beans (473)

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

Tortellini with Red Pepper Cream Sauce, Peas, Vegetable Blend (615)

Hamburger with Gravy, Mashed Potatoes, Brussels Sprouts (616)

Breaded Fish, Macaroni & Cheese, Mixed Vegetables (678)



Meals for Week of June 29th

Hamburger with BBQ Sauce, Duchess Potatoes, Peas (681)

Italian Sausage with Peppers, Onions & Tomatoes, Corn, Spinach (468)

Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Green Beans (572)

Breaded Chicken Cutlet with Gravy, Sweet Potatoes, Seasoned Greens (605)

Beef Stroganoff with Pasta, Broccoli Florets (546)



**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*

