

# 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 July 6<sup>th</sup>

Chicken Vegetable Casserole, Mashed Potatoes, Green Beans (492)

Breaded Chicken Parmesan, Cannellini Beans, Spinach (714)

Chili con Carne, Tater Tots, Carrots (658)

Polish Sausage with Sauerkraut, Scalloped Potatoes, Peas with Red Peppers (677)

Hamburger with Gravy, Garlic Mashed Potatoes, Mixed Vegetables (637)



### Meals for Week of July 13<sup>th</sup>

Turkey a la King, Mashed Sweet Potatoes, Green Beans (540)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Peas (556)

Chicken Breast with Polynesian Sauce, Rice Pilaf, Broccoli Florets (514)

Hot Dog with Baked Beans, Wax Beans, Mixed Vegetables (516)

Hamburger with BBQ Sauce, Cheesy Potatoes, Corn (655)



## Meals for Week of July 20<sup>th</sup>

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

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

Polish Sausage with Sauerkraut, Ranch Mashed Potatoes, Carrots (614)

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

Omelet with Cheese Sauce, Potatoes O'Brien, Green Beans (512)



## Meals for Week of July 27<sup>th</sup>

Lasagna Roll with Tomato Meat Sauce, Cannellini Beans, Broccoli Florets (716)

Meatballs with Swedish Sauce, Harvard Beets, Peas (560)

Breaded Chicken Cutlet with BBQ Sauce, Mashed Potatoes, Corn (679)

Roast Pork with Cinnamon Apples, Sweet Potatoes, Green Beans (525)

Breaded Fish, Cheesy Broccoli & Rice, Vegetable Medley (582)



*\*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***