

Erie County Stay Fit Dining Program

November



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 November 3rd

Chicken Breast with Marsala Sauce, Garlic Mashed Potatoes, Peas with Pearl Onions (516)

Beef Pepper Steak Casserole, White Rice, Carrots (574)

Pork Loin with Cinnamon Apples, Sweet Potatoes, Green Beans (509)

Breaded Chicken Cutlet with Tomato Sauce, Zucchini, Spinach (519)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Brussels Sprouts (536)



Meals for Week of November 10th

Turkey a la King, Mashed Potatoes, Carrots (544)

Hamburger with BBQ Sauce, Tater Tots, Corn (672)

Italian Sausage with Tomato Sauce, Baked Rigatoni, California Blend Vegetables (610)

Baked Ham with Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts (506)

Breaded Chicken Cutlet with Gravy, Duchess Potatoes, Green Beans (637)



Meals for Week of November 17th

Beef Macaroni Casserole, Green Beans, Corn (686)

Hot Dog with Baked Beans, Macaroni & Cheese, Carrots (618)

Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Broccoli Florets (495)

Beef Bourguignon, Harvard Beets, Peas (536)

Boneless Pork Loin with Gravy, Scalloped Potatoes, California Blend Vegetables (572)



Meals for Week of November 24th

Mediterranean Chicken Stew, Yellow Rice, Broccoli Florets (609)

Hamburger with Onion Gravy, Mashed Sweet Potatoes, Yellow Wax Beans (606)

Veal Cutlet with Gravy, Mashed Potatoes, Green Beans (646)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Peas (566)

Roasted Turkey with Gravy, Garlic Mashed Potatoes, Corn (526)



**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***

