

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 December 1st

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Hearty Pork Stew, Mashed Potatoes, Broccoli Florets (526)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Carrots (566)

Chicken Breast with Lemon Herb Sauce, Rice Pilaf, Green Beans (539)

Taco-seasoned Beef, Spanish Rice, Fiesta Corn (584)



Meals for Week of December 8th

Macaroni & Cheese, Peas with Red Peppers, California Blend Vegetables (730)

Roast Turkey with Gravy, Sweet Potatoes, Green Bean Casserole (495)

Pork Ribette with BBQ Sauce, Duchess Potatoes, Broccoli Florets (593)

Breaded Veal Cutlet with Gravy, Mashed Potatoes, Normandy Blend Vegetables (655)

Breaded Chicken Cutlet with Gravy, Ranch Mashed Potatoes, Mixed Vegetables (652)



Meals for Week of December 15th

Chicken & Sausage Paella, Fiesta Corn, Cauliflower (604)

Beef Macaroni Casserole, Peas & Carrots, Wax Beans (658)

Breaded Chicken Cutlet with Buffalo Sauce, Mashed Potatoes, Carrots (631)

Hamburger with Gravy, Broccoli Florets, Mixed Vegetables (562)

Baked Ham with Maple Glaze, Mashed Sweet Potatoes, California Blend Vegetables (500)



Meals for Week of December 22nd

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

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

Tortellini with Tomato Meat Sauce, Mixed Vegetables, Spinach (675)

Pork Loin with Gravy, Mashed Potatoes, Brussels Sprouts (561)

Breaded Fish Patty, Broccoli Cheese Rice Casserole, Zucchini & Tomatoes (612)



Meals for Week of December 29th

Stuffed Shells with Tomato Meat Sauce, Cannellini Beans, Broccoli Florets (726)

Italian Sausage with Tomato Sauce, Roasted Potatoes, Green Beans (475)

Breaded Chicken Cutlet with Herb Sauce, Peas with Peppers, Carrots (589)

Beef Bourguignon, Mashed Potatoes, Corn (601)

Roasted Turkey with Gravy, Mashed Potatoes, Mixed Vegetables (512)



**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*

