

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 May 4th

Chicken Breast with Marsala Sauce, Mashed Potatoes, Mixed Vegetables (529)

Beef Pepper Steak Casserole, White Rice, Carrots (572)

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

Hamburger with Gravy, Mashed Potatoes, Peas (646)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Spinach (524)



Meals for Week of May 11th

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

Omelet with Cheese Sauce, Peppers, Onion & Tomatoes, Tater Tots (660)

Italian Sausage with Tomato Sauce, Pasta, Vegetable Blend (601)

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

Breaded Fish, Broccoli Cheese Rice Casserole, Cottage Blend Vegetables (582)



Meals for Week of May 18th

Mediterranean Chicken Stew, Yellow Rice, Peas (651)

Hamburger with Gravy, Spanish Rice, Fiesta Corn (625)

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

Breaded Chicken Cutlet with Herb Gravy, Rice Pilaf, Vegetable Blend (651)

Beef Macaroni Casserole, Green Beans, Cauliflower (637)



Meals for Week of Tuesday, May 26th

Beef Stew, Mashed Potatoes, Corn (586)

Pork Ribette with BBQ Sauce, Duchess Potatoes, Green Beans (721)

Chicken Breast with Red Pepper Cream Sauce, Rice Pilaf, Carrots (519)

Ravioli with Tomato Meat Sauce, Peas, Cauliflower (712)

Baked Ham with Maple Glaze, Harvard Beets, Brussels Sprouts (447)



**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*

