

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 August 3rd

Pork Ribette with BBQ Sauce, Duchess Potatoes, Broccoli Florets (723)

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

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Veal Parmesan, Seasoned Spinach, Wax Beans (604)

Hamburger with Gravy, Scalloped Potatoes, Brussels Sprouts (646)



Meals for Week of August 10th

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

Omelet with Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots (648)

Italian Sausage with Pasta & Tomato Sauce, Vegetable Medley (601)

Breaded Chicken Cutlet with Gravy, Potatoes O'Brien, Au Gratin Spinach (601)

Hamburger with Gravy, Lima Bean Bake, Peas & Carrots (599)



Meals for Week of August 17th

Beef Macaroni Casserole, Green Beans, Corn (687)

Hot Dog with Baked Beans, Wax Beans, Carrots (489)

Beef Bourguignon, Harvard Beets, Peas (536)

Roasted Pork Loin with Cranberry Chutney, Mashed Potatoes, Broccoli Florets (543)

Chicken Breast with Red Pepper Cream Sauce, Vegetable Blend, Spinach (404)



Meals for Week of August 24th

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

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

Pork Ribette with BBQ Sauce, Scalloped Potatoes, Peas & Red Peppers (692)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Carrots (530)

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



Meals for Week of August 31st

Chicken Breast with Pineapple Sauce, Vegetable Rice Pilaf, Green Beans (495)

Breaded Chicken Cutlet with BBQ Sauce, Mashed Potatoes, Carrots (639)

Macaroni & Cheese, Zucchini & Tomatoes, Broccoli Florets (694)

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Breaded Chicken Cutlet with Creamy Herb Gravy, Scalloped Potatoes, Peas & Peppers (702)



**Calories & Sodium 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***

