

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 October 5th

Chili con Carne, Tater Tots, Carrots (658)

Polynesian Pork Stew, White Rice, Broccoli Florets (565)

Breaded Chicken Cutlet with Gravy, Sweet Potatoes, Brussels Sprouts (611)

Chicken Breast with Marsala Sauce, Scalloped Potatoes, Mixed Vegetables (558)

Hamburger with Gravy, Ranch Mashed Potatoes, Green Beans (602)



Meals for Week of October 12th

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

Cheese Omelet with Creole Sauce, Peas, Vegetable Medley (436)

Chicken with Taco-seasoned Peppers, Onions & Tomatoes, Spanish Rice, Fiesta Corn (498)

Breaded Chicken Cutlet with Italian Red Sauce, Garlic Mashed Potatoes, Carrots (611)

Hot Dog with Baked Beans, Macaroni & Cheese, Broccoli Florets (611)



Meals for Week of October 19th

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

Polish Sausage with Sauerkraut, German Potato Salad, Broccoli (591)

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Peas & Red Peppers (676)

Roasted Turkey with Gravy, Mashed Butternut Squash, Corn (463)

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



Meals for Week of October 26th

Lasagna Roll with Tomato Meat Sauce, Broccoli, Cauliflower (560)

Swedish Meatballs, Diced Beets, Peas (536)

Breaded Chicken Cutlet with Gravy, Mashed Sweet Potatoes, Corn with Red Peppers (667)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Hamburger with Gravy, Tater Tots, Lima Bean Bake (682)



**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*

