Erie County Stay Fit Dining Program

December

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 7th



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

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

Pork Ribette with BBQ Sauce, Duchess Potatoes, Broccoli Florets (660)

Turkey a la King, Mashed Potatoes, Corn (584)

Breaded Chicken Cutlet with Gravy, Ranch Mashed Potatoes, Mixed Vegetables (651)

Meals for Week of December 14th



Chicken & Sausage Paella, Corn with Red Peppers, Carrots (459)

Meatballs with Gravy, Garlic Mashed Potatoes, Mixed Vegetables (592)

Breaded Chicken with Cranberry Chutney, Tater Tots, Peas with Pearl Onions (657)

Hamburger with Onion Gravy, Carrots, Green Beans (519)

Baked Ham with Maple Glaze, Mashed Sweet Potatoes, Cauliflower (496)

Meals for Week of December 21st



Turkey Stew, Mashed Butternut Squash, Brussels Sprouts (448)

Beef Macaroni Casserole, Mixed Vegetables, Wax Beans (674)

Chicken Breast with Red Pepper Sauce, Garlic Mashed Potatoes, Peas with Peppers (533)

Breaded Boneless Pork Chop with Gravy, Mashed Potatoes, Green Beans (571)

Breaded Fish Patty, Cheesy Broccoli & Rice, Zucchini & Tomatoes (582)

Meals for Week of December 28th



Beef Bourguignon, Mashed Potatoes, Corn (601)

Tortellini with Tomato Meat Sauce, Broccoli Florets, Carrots (648)

Breaded Chicken Cutlet with Creamy Herb Gravy, Rice Pilaf, Peas with Red Peppers (673)

Italian Sausage with Peppers, Onions & Tomatoes, Roasted Potatoes, Green Beans (475)

Cheese Omelet with Creole Sauce, Cheesy Diced Potatoes, Blended Vegetables (582)

**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***

