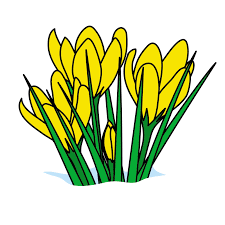
** Erie County Stay Fit Dining Program**

**Frozen Meals Menu – March 2023**

The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. A roll, milk and dessert are included with each meal. ***Please remember that a contribution of $3.00 per meal ($9.00 per 3-pack, $15.00 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***

**Meals for Week of March 6th**

Beef Macaroni Casserole, Cauliflower, Green Beans (638)

Chicken & Sausage Paella over Seasoned Rice, Fiesta Corn, Broccoli (593)

Omelet with Cheese Sauce, Harvard Beets, Spinach (574)

Hamburger with Onion Gravy, Cheesy Mashed Potatoes, BBQ Lima Bean Bake (750)

Breaded Fish, Creamy Potatoes, Mixed Vegetables (559)

**Meals for Week of March 13th**

Pasta & Meatballs with Tomato Sauce, Spinach (627)

Breaded Chicken with Buffalo-style Sauce, Cheesy Broccoli Casserole, Green Beans (689)

Turkey with Gravy, Mashed Sweet Potatoes, Peas (496)

Beef Stew, Mashed Potatoes, Biscuit (703)

Lasagna Roll with Tomato Sauce, Broccoli, Cannellini Beans (628)

**



**Meals for Week of March 20th**

Turkey a la King, Mashed Potatoes, Carrots (536)

Baked Ham with Maple Glaze, Scalloped Potatoes, Peas (567)

Beef Macaroni Casserole, Cauliflower, Green Beans (638)

Breaded Chicken with Tomato Sauce, Wax Beans, Spinach (555)

Pasta with Chicken Cream Sauce, Broccoli, Mixed Vegetables (551)

**Meals for Week of March 27th**

Italian Sausage with Peppers & Tomatoes, Roasted Potatoes, Broccoli (470)

Swedish Meatballs, Harvard Beets, Cauliflower (515)

Chicken Breast with Herb Gravy, Sweet Potatoes, Peas (501)

Sloppy Joe, Tater Tots, Peas (694)

Corned Beef with Dill Cabbage, Parsley-buttered Potatoes, Carrots (483)

*(Menus are subject to change)*

*(Red numbers are calories not counting a dessert)*





