



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – March 2024



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. 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 4<sup>th</sup>



Chicken Breast with Herb Gravy, Wax Beans, Peas

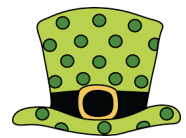
Sloppy Joe, Roasted Potatoes, Broccoli

Pork Chop with Gravy, Sweet Potatoes, Creamy Cabbage with Dill

Hamburger with Gravy, Cheesy Mashed Potatoes, Carrots

Omelet with Cheese Sauce, Harvard Beets, Green Beans

#### Meals for Week of March 11<sup>th</sup>



Rotini Pasta with Meatballs & Tomato Sauce, Cauliflower

Breaded Chicken Patty with Buffalo-style Sauce, Tater Tots, Broccoli

Turkey with Gravy, Mashed Sweet Potatoes, Green Beans

Hamburger with BBQ Sauce, California Blend Vegetables, Brussels Sprouts

Breaded Fish Patty, Mashed Potatoes, Peas



## Meals for Week of March 18<sup>th</sup>



Turkey a la King, Mashed Potatoes, Carrots

Hamburger with BBQ Sauce, Peppers, Onions & Tomatoes, Corn

Stuffed Shells with Tomato Meat Sauce, Mixed Vegetables, Wax Beans with Carrot

Breaded Pork Chop with Gravy, Scalloped Potatoes, Peas

Breaded Fish Patty, Home Fries, California Blend Vegetables

## Meals for Week of March 25<sup>th</sup>

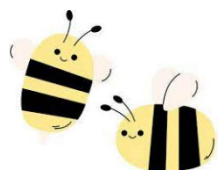
Italian Sausage with Pepper & Onion Tomato Sauce, Herb Roasted Potatoes, Mixed Vegetables

Breaded Chicken Patty, Macaroni & Cheese, Broccoli

Chili con Carne, Tater Tots, Corn

Hamburger with Gravy, Butter Parsley Potatoes, Carrots

Vegetable Lasagna with Cream Sauce, French Medley, Cauliflower



*(Menus are subject to change)*

