



Erie County Stay Fit Dining Program

Frozen Meals Menu – May 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 May 6th

Cheese Omelet with Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots(698)

Italian Sausage with Tomato Sauce, California Blend Vegetables, Peas(461)

Turkey a la King, White Rice, Green Beans(538)

Breaded Chicken Breast with Gravy, Cheesy Mashed Potatoes, Spinach(676)

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

Meals for Week of May 13th

Beef Macaroni Casserole, Corn, Spinach(689)

Hot Dog with Baked Beans, Macaroni & Cheese, Carrots(628)

Chicken Breast with Mushroom Gravy, Rice Pilaf, Broccoli(516)

Beef Bourguignon, Mashed Potatoes, Peas(599)

Cheese Tortellini with Red Pepper Cream Sauce, Cauliflower, Green Beans(495)



Meals for Week of May 20th

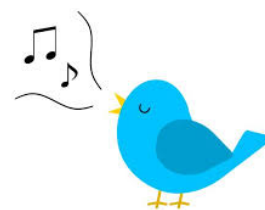
Caribbean Chicken Stew, Yellow Rice, Broccoli(669)

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

Breaded Chicken with Herb Cream Sauce, Vegetable Rice Pilaf, Cauliflower & Carrots(635)

Baked Ham with Maple Glaze, Sweet Potatoes, Brussels Sprouts(489)

Omelet with Cheese Sauce, O'Brien Potatoes, Harvard Beets(627)



Meals for Week of Tuesday May 28th

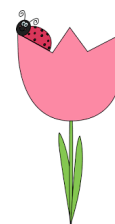
Sloppy Joe, Tater Tots, Au Gratin Spinach(673)

Hearty Pork Stew, Mashed Potatoes, Broccoli(593)

Breaded Chicken with Gravy, Broccoli Cheese Rice Casserole, Carrots(682)

Turkey with Gravy, Garlic Mashed Potatoes, Mixed Vegetables (512)

Lasagna Roll with Tomato Meat Sauce, California Blend Vegetables, Peas with Pearl Onions(590)



(Menus are subject to change)

(Numbers in Red are Calories without dessert)

