



Erie County Stay Fit Dining Program
Frozen Meals Menu – July 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 July 1st

Turkey a la King, Harvard Beets, California Blend Vegetables (476)

Breaded Chicken with Gravy, Sweet Potatoes, Seasoned Mixed Greens (605)

Beef Macaroni Casserole, Broccoli Florets, Carrots (654)

Hot Dog with Baked Beans, German Potato Salad, Green Beans (557)

Stuffed Pepper with Meat Sauce, Garlic Mashed Potatoes, Italian Bean Medley (603)

Meals for Week of July 8th

Beef Pepper Steak Casserole with Rice, Green Beans (566)

Lasagna Roll with Meat Sauce, Cauliflower, Peas (602)

Cheese Omelet with Cheese Sauce, California Blend Vegetables, Brussels Sprouts (561)

Chicken Breast with Lemon Herb Sauce, Broccoli Cheese Rice Casserole, Carrots (586)

Hamburger with BBQ Sauce, Cheesy Diced Potatoes, California Blend Vegetables (616)





Meals for Week of July 15th

Meatballs with Tomato Sauce, Cauliflower, Green Beans (471)

Breaded Chicken with Buffalo Sauce, Tater Tots, Au Gratin Broccoli (672)

Hot Dog with Baked Beans, Macaroni & Cheese, Corn with Red Pepper (689)

Tortellini with Tomato Meat Sauce, Green Beans, Carrots (533)

Beef Stew, Mashed Potatoes, Brussels Sprouts (618)

Meals for Week of July 22nd

Breaded Chicken with Herb Gravy, Mashed Sweet Potatoes, Green Beans (621)

Meatballs with Swedish Sauce, Pasta, Peas (617)

Pasta with Chicken & Cream Sauce, Broccoli, Mixed Vegetables (605)

Ancho Chicken, Spanish Rice, Fiesta Corn (539)

Breaded Pork Chop with Gravy, Lazy Pierogi, California Blend Vegetables (579)

Meals for Week of July 29th

Beef Pepper Steak Casserole, White Rice, Carrots (574)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Mixed Vegetables (663)

Chicken Breast with Marsala Sauce, Scalloped Potatoes, Green Beans (526)

Hamburger with Gravy, Mashed Potatoes, Lima Bean Bake (671)

Breaded Fish, Broccoli Cheese Rice Casserole, Zucchini with Tomatoes (607)



(Menus are subject to change)

(Numbers in Red are Calories without dessert; includes bread, butter & milk)

