



Erie County Stay Fit Dining Program

Frozen Meals Menu – August 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 August 5th

Cheese Omelet with Peppers, Onions & Tomatoes, Cheesy Diced Potatoes, Broccoli (552)

Italian Sausage with Tomato Sauce, California Blend Vegetables, Peas (480)

Breaded Chicken with Gravy, Mashed Potatoes, Au Gratin Spinach (670)

Hamburger with Gravy, Scalloped Potatoes, Brussels Sprouts (661)

Turkey a la King, White Rice, Green Beans (547)

Meals for Week of August 12th

Hot Dog with Baked Beans, Tater Tots, Carrots (592)

Beef Bourguignon, Mashed Squash, Peas (606)

Beef Macaroni Casserole, California Blend Vegetables, Corn (696)

Ham with Pineapple Sauce, Au Gratin Potatoes, Broccoli (452)

Tortellini with Red Pepper Cream Sauce, Cauliflower, Green Beans (415)





Meals for Week of August 19th

Caribbean Chicken Stew, Yellow Rice, Broccoli (664)

Pork Ribette with BBQ Sauce, Cheesy Potatoes, Green Beans (611)

Hamburger with Gravy, Mashed Potatoes, Carrots (610)

Breaded Chicken Parmesan, Pasta, Peas (668)

Cheese Omelet with Cheese Sauce, Harvard Beets, Broccoli (570)

Meals for Week of August 26th

Beef Bourguignon, Mashed Potatoes, Brussels Sprouts (639)

Chicken Breast with Herb Gravy, Broccoli Cheese Rice Casserole, Carrots (574)

Pork Stew, Mashed Potatoes, Broccoli (587)

Pasta with Tomato Meat Sauce, California Blend Vegetables, Spinach (623)

Turkey with Gravy, Mashed Squash, Peas (458)



(Menus are subject to change)

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

