

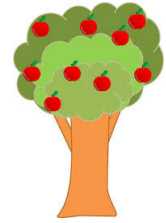


# September



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – September 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 **Tuesday**, September 3<sup>rd</sup>

Macaroni & Cheese, Peas with Red Peppers, California Blend Vegetables (712)

Hamburger with Gravy, Green Beans, Fiesta Corn (569)

Breaded Pork Chop with Cinnamon Apples, Mashed Sweet Potatoes, Brussels Sprouts (578)

Breaded Chicken with Sweet & Sour Sauce, Rice Pilaf, Broccoli (587)

Salisbury Steak with Gravy, Mashed Potatoes, Carrots (641)

#### Meals for Week of September 9<sup>th</sup>

Chicken & Sausage Paella, Rice with Beans, Corn with Red Peppers (561)

Beef Macaroni Casserole, Peas & Carrots, Wax Beans (658)

Ham with Maple Glaze, Sweet Potatoes, Green Bean Casserole (516)

Hamburger with Gravy, Tater Tots, California Blend Vegetables (642)

Breaded Chicken with Gravy, Ranch Mashed Potatoes, Au Gratin Broccoli (654)



## Meals for Week of September 16<sup>th</sup>

Pork Ribette with BBQ Sauce, Cheesy Potatoes, Brussels Sprouts (624)

Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Carrots (503)

Cheese Ravioli with Bolognese Sauce, Peas, Cauliflower (712)

Turkey with Gravy, Sweet Potatoes, Green Beans (459)

Hamburger with Swiss Gravy, Scalloped Potatoes, Mixed Vegetables (673)



## Meals for Week of September 23<sup>rd</sup>

Beef Stroganoff with Pasta, Broccoli (545)

Italian Sausage with Peppers, Onions & Tomatoes, Diced Potatoes, Au Gratin Spinach (489)

Turkey a la King, Green Beans, Normandy Blend Vegetables (454)

Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Peas with Pearl Onions (595)

Breaded Fish, Broccoli Cheese Rice Casserole, Carrots (581)

## Meals for Week of September 30<sup>th</sup>

Chili con Carne, Tater Tots, Carrots (658)

Breaded Chicken with BBQ Sauce, Mashed Potatoes, California Blend Vegetables (642)

Meatballs with Tomato Sauce, Green Beans, Cauliflower (456)

Bratwurst with Sauerkraut, German Potato Salad, Au Gratin Spinach (614)

Breaded Pork Chop with Gravy, Butternut Squash, Broccoli (511)

*(Menus are subject to change)*

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

