



Erie County Stay Fit Dining Program

Frozen Meals Menu – October 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 October 7th

Lemon Herb Chicken Breast, Scalloped Potatoes, California Blend Vegetables (561)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Carrots (566)

Hamburger with BBQ Sauce, Tater Tots, Corn (677)

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

Omelet with Cheese Sauce, Potatoes O'Brien, Brussels Sprouts (610)



Meals for Week of October 14th

Meatballs with Sweet & Sour Sauce, White Rice, Green Beans (586)

Breaded Chicken Patty with Buffalo Sauce, Tater Tots, Broccoli (636)

Chicken Breast with Creamy Herb Sauce, Rice Pilaf, California Blend Vegetables (533)

Beef Stew, Mashed Potatoes, Brussels Sprouts (618)

Italian Sausage with Peppers, Onions & Tomato Sauce, Seasoned Potatoes, Au Gratin Spinach (489)



Meals for Week of October 21st

Chicken Breast with Polynesian Sauce, White Rice, Carrots (514)

Bratwurst with Sauerkraut, German Potato Salad, Au Gratin Broccoli (653)

Beef Stew, Corn, Green Beans (561)

Breaded Chicken Parmesan, Pasta, Peas (710)

Hamburger with Gravy, Mashed Potatoes, Mixed Vegetables (637)



Meals for Week of October 28th

Turkey with Gravy, Mashed Sweet Potatoes, Green Beans (482)

Swedish Meatballs, Harvard Beets, Peas (560)

Lasagna Roll with Cream Sauce, Broccoli, Carrots (473)

Ancho Chicken with Peppers, Onions & Tomatoes, Spanish Rice, Fiesta Corn (537)

Breaded Pork Chop with Gravy, Lazy Pierogi, California Blend Vegetables (581)

(Menus are subject to change)

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

