



Erie County Stay Fit Dining Program

Frozen Meals Menu – December 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 December 2nd

Sloppy Joe, Tater Tots, Peas & Carrots (607)

Hearty Pork Stew, Mashed Potatoes, Broccoli Florets (587)

Lasagna Roll with Meat Sauce, Spinach, California Mixed Vegetables (711)

Chicken Breast with Gravy, Mashed Squash, Carrots (453)

Chili con Carne, Spanish Rice, Corn (666)



Meals for Week of December 9th

Macaroni & Cheese, Peas with Red Pepper, California Blend Vegetables (739)

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

Pork Ribette with BBQ Sauce, Garlic Mashed Potatoes, Broccoli Florets (623)

Omelet with Cheese Sauce, Tater Tots, Carrots (649)

Breaded Chicken with Gravy, O'Brien Potatoes, Green Beans (584)



Meals for Week of December 16th

Chicken and Sausage Paella, Corn, Cauliflower (452)

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

Breaded Chicken with Primavera Sauce, Zucchini, Green Beans (523)

Ham with Maple Glaze, Mashed Sweet Potatoes, Brussels Sprouts (512)

Breaded Fish, Tater Tots, Au Gratin Broccoli (620)



Meals for Week of December 23rd

Chicken Breast with BBQ Sauce, Cheesy Potatoes, Fiesta Corn (555)

Meatballs with Sweet & Sour Sauce, Broccoli Florets, Carrots (493)

Ravioli with Meat Sauce, Peas, Cauliflower (712)

Chicken Vegetable Casserole, Mashed Potatoes, Green Beans (548)

Hamburger with Gravy, Scalloped Potatoes, Mixed Vegetables (682)



Meals for Week of December 30th

Turkey Tetrazzini, Brussels Sprouts, Corn (545)

Italian Sausage with Tomato Sauce, Roasted Potatoes, Au Gratin Spinach (503)

Breaded Chicken with Herb Cream Sauce, Rice Pilaf, Peas (675)

Beef Stroganoff, Pasta, Carrots (552)

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

(Menus are subject to change)

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

