



Erie County Stay Fit Dining Program

Frozen Meals Menu – January 2025



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 \$3.50 per meal (\$10.50 per 3-pack, \$17.50 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 January 6th

Cheese Omelet with Creole Sauce, Cheesy Potatoes, Broccoli Florets (567)

Hearty Chili con Carne, Tater Tots, Carrots (658)

Breaded Veal Patty with Gravy, Peas, Wax Beans (578)

Chicken a la King, Mashed Potatoes, California Blend Vegetables (596)

Polish Sausage with Sauerkraut, Corn, Green Beans (562)



Meals for Week of January 13th

Beef Pepper Steak Casserole, White Rice, Broccoli Florets (567)

Pork Loin with Cranberry Chutney, Mashed Potatoes, Brussels Sprouts (575)

Breaded Chicken Cutlet with Gravy, Carrots, Wax Beans (533)

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

Hamburger with BBQ Sauce, Corn, Green Beans (574)





Meals for Week of **Tuesday, January 21st**

Pasta with Meatballs & Tomato Sauce, Spinach (564)

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Au Gratin Broccoli (670)

Hearty Beef Stew, Mashed Potatoes, Brussels Sprouts (618)

Polish Sausage with Sauerkraut, Potatoes O'Brien, Carrots (571)

Ancho Chicken with Peppers, Onions & Salsa, Spanish Rice, Corn (583)

Meals for Week of **January 27th**

Turkey with Gravy, Sweet Potatoes, Green Bean Casserole (500)

Swedish Meatballs, Harvard Beets, Peas (560)

Lasagna Roll with Cream Sauce, Broccoli, Mixed Vegetables (647)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Breaded Chicken Cutlet, Rice with Beans, Seasoned Mixed Greens (624)



(Menus are subject to change)

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

