



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – April 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 April 7<sup>th</sup>

Breaded Chicken with Herb Gravy, Mashed Sweet Potatoes, Green Beans (621)

Chili con Carne, Tater Tots, Carrots (658)

Polish Sausage with Sauerkraut, Scalloped Potatoes, Peas (679)

Polynesian Chicken, California Blend Vegetables, Yellow Beans (538)

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



#### Meals for Week of April 14<sup>th</sup>

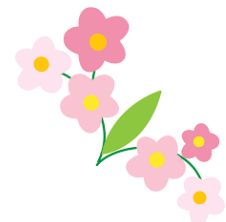
Chicken Breast with BBQ Sauce, Rice & Beans, Au Gratin Spinach (567)

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

Hamburger with Sweet & Sour Sauce, Tater Tots, Carrots (639)

Breaded Pork Chop with Gravy, Mashed Potatoes with Chives, Mixed Vegetables (607)

Breaded Fish, Cheesy Diced Potatoes, Brussels Sprouts (541)





## Meals for Week of April 21<sup>st</sup>

Corned Beef & Cabbage Stew, Mashed Potatoes, Brussels Sprouts (591)

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

Polish Sausage with Sauerkraut, Ranch Mashed Potatoes, Carrots (615)

Turkey with Gravy, Mashed Squash, Corn (463)

Omelet with Cheese Sauce, Potatoes O'Brien, Green Beans (509)

## Meals for Week of April 28<sup>th</sup>

Lasagna Roll with Meat Sauce, Spinach, Cannellini Beans (671)

Swedish Meatballs, Harvard Beets, Peas (560)

Breaded Chicken with Creamy Herb Sauce, Scalloped Potatoes, Normandy Vegetables (669)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Stuffed Shells with Tomato Sauce, Broccoli Florets, Cauliflower (484)



*(Menus are subject to change)*

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

