



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – March 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 March 3<sup>rd</sup>

Sloppy Joe, Seasoned Potatoes, Peas & Carrots (561)

Chicken Marsala, Mashed Potatoes, Peas with Pearl Onions (516)

Lasagna Roll with Meat Sauce, Spinach, California Blend Vegetables (573)

Ham with Pineapple Sauce, Mashed Sweet Potatoes, Green Beans (465)

Veal Parmigiana, Garlic Mashed Potatoes, Carrots (721)



#### Meals for Week of March 10<sup>th</sup>

Macaroni & Cheese, Zucchini & Tomatoes, California Blend Vegetables (691)

Hamburger with BBQ Sauce, Carrots, Corn (598)

Breaded Chicken Patty with Buffalo Sauce, Potatoes O'Brien, Broccoli Florets (582)

Meatballs with Gravy, Harvard Beets, Brussels Sprouts (511)

Salisbury Steak with Gravy, Mashed Potatoes, Lima Bean Bake (701)



### Meals for Week of March 17<sup>th</sup>

Beef Macaroni Casserole, Peas & Carrots, Zucchini & Tomatoes (665)

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

Stuffed Shells with Tomato Sauce, Mixed Vegetables, Spinach (610)

Pork Chop with Gravy, Sweet Potatoes, Brussels Sprouts (527)

Breaded Fish Patty, Tater Tots, Broccoli Florets (586)



### Meals for Week of March 24<sup>th</sup>

Pork Ribette with BBQ Sauce, Duchess Potatoes, Mixed Vegetables (686)

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

Tortellini with Meat Sauce, Italian Bean Medley, Spinach (658)

Turkey with Gravy, Mashed Potatoes, Green Beans (478)

Omelet with Cheese Sauce, Potatoes O'Brien, California Blend Vegetables (598)



### Meals for Week of March 31<sup>st</sup>

Hamburger with Gravy, Parslied Potatoes, Carrots (602)

Italian Sausage with Peppers, Onions & Tomato Sauce, Diced Potatoes, Spinach (477)

Beef Stroganoff over Pasta, Peas, Cauliflower (605)

Chicken with Gravy, Cauliflower, Green Beans (415)

Lasagna Roll with Veggie Cream Sauce, Zucchini, California Blend Vegetables (475)

*(Menus are subject to change)*

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

