



Erie County Stay Fit Dining Program

Frozen Meals Menu – May 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 May 5th

Breaded Chicken with Tomato Sauce, Mashed Potatoes, Corn (656)

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

Roasted Pork with Cinnamon Apples, Sweet Potatoes, Green Beans (509)

Chicken Breast with Gravy, Cauliflower, Spinach (417)

Breaded Fish Patty, Cheesy Broccoli & Rice, Mixed Vegetables (612)



Meals for Week of May 12th

Turkey a la King, Mashed Potatoes, Carrots (544)

Omelet with Cheese Sauce, Peppers & Onions, Tater Tots (698)

Italian Sausage with Pasta & Tomato Sauce, California Blend Vegetables (610)

Breaded Chicken Cutlet with Gravy, Cheesy Mashed Potatoes, Spinach (665)

Hamburger with Gravy, Scalloped Potatoes, Brussels Sprouts (661)



Meals for Week of May 19th

Hamburger with BBQ Sauce, Fiesta Corn, Peas (613)

Hot Dog with Baked Beans, Macaroni & Cheese, Zucchini & Tomatoes (616)

Chicken Breast with Creamy Herb Sauce, California Blend Vegetables, Harvard Beets (570)

Beef Bourguignon, Mashed Potatoes, Green Beans (553)

Breaded Chicken Cutlet Parmesan, Carrots, Spinach (589)



Meals for Week of Tuesday, May 27th

Mediterranean Chicken Stew, Yellow Rice, Carrots (615)

Hamburger with Onion Gravy, Mashed Sweet Potatoes, Green Beans (606)

Ham Steak with Maple Glaze, Scalloped Potatoes, Brussels Sprouts (538)

Chicken Breast with BBQ Sauce, Mashed Potatoes, Corn (571)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Peas (566)



(Menus are subject to change)

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

