



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – June 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 June 2<sup>nd</sup>

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Chicken Marsala, Scalloped Potatoes, Peas with Pearl Onions (546)

Macaroni & Cheese, Stewed Tomatoes, California Blend Vegetables (712)

Beef Stroganoff with Pasta, Carrots (553)

Breaded Chicken Cutlet with BBQ Sauce, Cheesy Potatoes, Corn (669)



#### Meals for Week of June 9<sup>th</sup>

Chicken Breast with Gravy, Green Beans, Corn with Red Peppers (463)

Beef Macaroni Casserole, Peas, Wax Beans with Carrot (682)

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

Hearty Pork Stew, Mashed Sweet Potatoes, California Blend Vegetables (540)

Hamburger with Gravy, Mashed Potatoes, Carrots (625)





### Meals for Week of June 16<sup>th</sup>

Lasagna Roll with Creamy Herb Sauce, Zucchini, Broccoli Florets (481)

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

Breaded Veal Parmesan with Tomato Sauce, Spinach, Mixed Vegetables (628)

Breaded Chicken Cutlet with Gravy, Mashed Potatoes, Carrots (625)

Baked Ham with Maple Glaze, Sweet Potatoes, Lima Bean Bake (544)

### Meals for Week of June 23<sup>rd</sup>

Hearty Turkey Stew, Garlic Mashed Potatoes, Green Beans (473)

Meatballs with Sweet Chili Sauce, White Rice, Carrots (673)

Tortellini with Tomato Meat Sauce, California Blend Vegetables, Spinach (651)

Breaded Boneless Pork Chop with Gravy, Ranch Mashed Potatoes, Brussels Sprouts (588)

Breaded Fish Patty, Zucchini & Tomatoes, Peas (532)



### Meals for Week of June 30<sup>th</sup>

Pork Ribette with BBQ Sauce, Duchess Potatoes, Carrots (660)

Italian Sausage with Pepper, Onion & Tomato Sauce, Roasted Potatoes, Green Beans (475)

Breaded Chicken Cutlet with Gravy, Mixed Vegetables, Seasoned Mixed Greens (567)

Beef Macaroni Casserole, Broccoli Florets, Corn (688)

Hot Dog with Baked Beans, German Potato Salad, Peas (600)

*(Menus are subject to change)*

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

