

Erie County Stay Fit Dining Program



Frozen Meal Menus

A contribution of \$3.50 *per meal* is suggested. However, any amount is appreciated and goes directly to supporting the Frozen Meal Program. Thank you for your



contribution!



The *Erie County Stay Fit Dining Program* is pleased to offer **Frozen Meals** to take home!

- Meals come in packs of 3 or 5.
- Meals are picked up weekly.
- Any combination of up to 10 meals can be ordered per week.
- All meals will be a combination of the 3 and/or 5-pack meals.
- Each meal includes milk, bread, butter & dessert.



Meals for Week of April 6th

Chicken Vegetable Casserole, Mashed Potatoes, Green Beans (492)

Chili con Carne, Tater Tots, Carrots (658)

Roast Turkey with Gravy, Mashed Squash, Cauliflower (413)

Polish Sausage with Sauerkraut, Scalloped Potatoes, Peas with Red Peppers (677)

Spanish Omelet, Cheesy Potatoes, Seasoned Broccoli (490)



Meals for Week of April 13th

Turkey a la King, Mashed Sweet Potatoes, Green Beans (540)

Lasagna Roll with Tomato Meat Sauce, Peas, Cauliflower (556)

Breaded Chicken Cutlet with Herb Gravy, Rosemary Potatoes, Vegetable Blend (605)

Polynesian Chicken, Rice, Broccoli Florets (522)

Breaded Fish, Mashed Potatoes, Spinach (545)



Meals for Week of April 20th

Hamburger with Gravy, Mixed Vegetables, Carrots (554)

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

Polish Sausage with Sauerkraut, Ranch Mashed Potatoes, Carrots (614)

Roast Turkey with Gravy, Mashed Squash, Corn (462)

Omelet with Creole Sauce, Cheesy Potatoes, Green Beans (489)



Meals for Week of April 27th

Lasagna Roll with Tomato Meat Sauce, Broccoli, Cauliflower (560)

Meatballs with Swedish Sauce, Pasta, Harvard Beets (604)

Chicken Breast with Herb Gravy, Sweet Potatoes, Lima Bean Bake (557)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Breaded Chicken Cutlet with BBQ Sauce, Rosemary Potatoes, Au Gratin Spinach (624)



**Calories indicated for each day are without dessert but include bread, butter & milk*

****If you have a food allergy, please notify us.***



Sign up with your dining site manager
one week in advance

**Menu items are subject to change*

