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 November 2nd



Beef Pepper Steak Casserole, White Rice, Carrots (572)

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

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

Breaded Chicken Cutlet with BBQ Sauce, Mashed Potatoes, Peas (675)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Spinach (524)

Meals for Week of November 9th



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

Italian Sausage with Tomato Sauce, Rigatoni, Blended Vegetables (601)

Taco-seasoned Beef, Fiesta Corn, Broccoli Florets (512)

Baked Ham with Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts (506)

Breaded Chicken Cutlet with Gravy, Duchess Potatoes, Green Beans with Peppers (637)

Meals for Week of November 16th



Beef Macaroni Casserole, Green Beans, Cauliflower (637)

Hot Dog with Baked Beans, Macaroni & Cheese, Carrots (618)

Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Broccoli (493)

Beef Bourguignon, Ranch Mashed Potatoes, Brussels Sprouts (567)

Breaded Fish Patty, Cheesy Broccoli & Rice, Country Mixed Vegetables (582)

Meals for Week of November 23rd



Mediterranean Chicken Casserole, Yellow Rice, Broccoli Florets (609)

Pork Loin with Gravy, Scalloped Potatoes, Vegetable Medley (563)

Cheese Omelet with Creole Sauce, Tater Tots, Green Beans (570)

Stuffed Shells with Tomato Meat Sauce, Peas, Cauliflower (612)

Hamburger with Gravy, Mashed Potatoes, Vegetable Blend (611)

Meals for Week of November 30th



Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Polynesian Pork Casserole, White Rice, Broccoli Florets (565)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Carrots (566)

Chicken Breast with Marsala Sauce, Garlic Mashed Potatoes, Green Beans (493)

Taco-seasoned Beef, Spanish Rice, Fiesta Corn (584)

**Calories & Sodium 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***

