



Erie County Stay Fit Dining Program

Frozen Meals Menu – June 2024



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 \$3.00 per meal (\$9.00 per 3-pack, \$15.00 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 3rd

Macaroni & Cheese, Peas with Red Peppers, California Mixed Vegetables (796)

Hamburger with Gravy, Spanish Rice, Fiesta Corn (625)

Chicken with Pineapple Salsa, Vegetable Rice Pilaf, Broccoli Florets (611)

Breaded Pork Chop with Spiced Apples, Mashed Sweet Potatoes, Bavarian Cabbage (623)

Breaded Chicken Breast, Mashed Potatoes, Carrots (571)

Meals for Week of June 10th

Chicken Breast with BBQ Sauce, Corn with Red Peppers, Peas (633)

Beef Macaroni Casserole, Peas and Carrots, Wax Beans (658)

Cheese Tortellini with Chicken & Primavera Sauce, Italian Bean Medley, Spinach (482)

Ham Steak with Brown Sugar Glaze, Sweet Potatoes, Brussels Sprouts (489)

Beer Battered Fish, Tater Tots, Au Gratin Broccoli (622)



Meals for Week of June 17th

Pork Ribette with BBQ Sauce, Cheesy Potatoes, Brussels Sprouts (624)

Chicken Breast with Polynesian Sauce & Rice, Carrots (513)

Cheese Ravioli with Tomato Meat Sauce, Peas, Cauliflower (712)

Turkey with Gravy, Mashed Sweet Potatoes, Green Beans (482)

Hamburger with Gravy, Scalloped Potatoes, Mixed Vegetables (665)



Meals for Week of June 24th

Turkey Tetrazzini, Normandy Mixed Vegetables, Carrots (502)

Beef Stroganoff with Pasta, Green Beans (545)

Italian Sausage with Peppers, Onions & Tomato Sauce, Roasted Potatoes, Spinach (460)

Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Peas with Pearl Onions (614)

Chicken Breast with BBQ Sauce, Potatoes O'Brien, Corn (646)



(Menus are subject to change)

(Numbers in Red are Calories without dessert)

