



Erie County Stay Fit Dining Program

Frozen Meals Menu – November 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 November 4th

Stuffed Shells with Meat Sauce, Cauliflower, Mixed Vegetables (603)

Beef Pepper Steak Casserole, White Rice, Carrots (573)

Chicken Breast with Gravy, Scalloped Apples, Green Beans (466)

Hamburger with Gravy, Mashed Potatoes, Lima Bean Bake (686)

Breaded Fish, Broccoli Cheese Rice Casserole, Zucchini (603)



Meals for Week of **Tuesday**, November 12th

Cheese Omelet with Peppers, Onions & Tomatoes, Tater Tots, Au Gratin Spinach (599)

Italian Sausage with Rigatoni, Tomato Sauce & Mozzarella, California Blend Vegetables, Brussels Sprouts (681)

Turkey a la King, Green Beans, Carrots (453)

Breaded Chicken with BBQ Sauce, Duchess Mashed Potatoes, Peas (695)

Hungarian Goulash, Carrots, Broccoli Florets (557)



Meals for Week of November 18th

Chicken Breast with Marsala Sauce, Rice Pilaf, Spinach (624)

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

Beef Macaroni Casserole, Peas, Corn (730)

Hamburger with Gravy, Scalloped Potatoes, Broccoli (633)

Cheese Tortellini with Chicken & Red Pepper Cream Sauce, Cauliflower, Green Beans (499)



Meals for Week of November 25th

Breaded Veal with Gravy, Carrots, Corn with Red Peppers (608)

Hamburger with Onion Gravy, Mashed Potatoes, Mixed Vegetables (637)

Polish Sausage with Sauerkraut, Brussels Sprouts, California Blend Vegetables (540)

Breaded Chicken with Buffalo Sauce, Cheesy Mashed Potatoes, Peas & Carrots (679)

Omelet with Cheese Sauce, Harvard Beets, Broccoli (537)



(Menus are subject to change)

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

