



Erie County Stay Fit Dining Program
Frozen Meals Menu – February 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!**

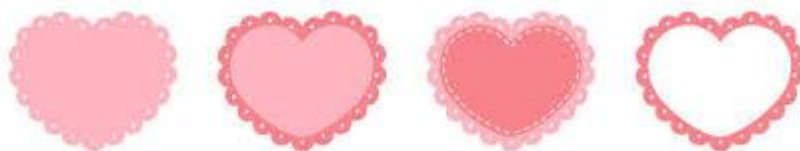
Meals for Week of February 3rd

- Stuffed Shells with Tomato Sauce, Cannellini Beans & Tomatoes, Mixed Vegetables (602)
- Beef Pepper Steak Casserole, White Rice, Broccoli, Carrots (594)
- Chicken Breast with Gravy, Mashed Butternut Squash, Green Beans (445)
- Steakhouse Burger with Gravy, Mashed Potatoes, Peas (661)
- Beer Battered Fish, Broccoli Cheese Rice Casserole, Mixed Vegetables (612)



Meals for Week of February 10th

- Omelet with Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots (698)
- Rigatoni with Italian Sausage & Tomato Sauce, Mixed Vegetables, Green Beans (629)
- Turkey a la King, Mashed Potatoes, Carrots (544)
- Breaded Chicken with Gravy, Cheesy Mashed Potatoes, Spinach (665)
- Roast Beef with Gravy, Scalloped Potatoes, Brussels Sprouts (566)



Meals for Week of **Tuesday, February 18th**

Beef Macaroni Casserole, Peas, Corn (730)

Chicken Breast with Herb Gravy, Sweet Potatoes, Lima Bean Bake (667)

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

Breaded Chicken Parmesan with Tomato Sauce, Pasta, Spinach (647)

Pork Loin with Gravy, Scalloped Potatoes, Green Beans with Red Pepper (563)



Meals for Week of **February 24th**

Caribbean Chicken Casserole, Yellow Rice, Broccoli (589)

Hamburger with Onion Gravy, Mashed Sweet Potatoes, Green Beans (606)

Ham with Maple Glaze, Mashed Butternut Squash, Brussels Sprouts (444)

Beef Bourguignon, Mashed Potatoes, Peas (599)

Breaded Chicken with Herb Cream Sauce, Rice Pilaf, Mixed Vegetables (674)



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

