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 Tuesday, September 8th



Hearty Beef Stew, Mashed Potatoes, Broccoli Florets (540)

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

Meatballs with Gravy, Cheesy Mashed Potatoes, Carrots (612)

Baked Ham with Maple Glaze, Mashed Sweet Potatoes, Peas (542)

Hamburger with Gravy, Scalloped Potatoes, Normandy Blend Vegetables (641)

Meals for Week of September 14th



Cheese Omelet with Creole Sauce, Potatoes, O'Brien, Green Beans (531)

Breaded Chicken Cutlet with Buffalo Sauce, Tater Tots, Cheesy Broccoli (670)

Hearty Pork Stew, Mashed Potatoes, Carrots (533)

Taco-seasoned Beef, Spanish Rice, Fiesta Corn (582)

Breaded Chicken Cutlet with Marsala Sauce, Ranch Mashed Potatoes, Peas (646)

Meals for Week of September 21st



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

Tortellini with Tomato Meat Sauce, Mixed Vegetables, Spinach (675)

Meatballs with Sweet Chili Sauce, White Rice, Carrots (673)

Pork Chop with Gravy, Mashed Potatoes, Brussels Sprouts (545)

Breaded Fish Patty, Cheesy Broccoli Rice Casserole, Zucchini & Tomatoes (582)

Meals for Week of September 28th



Pork Ribette with BBQ Sauce, Duchess Potatoes, Carrots (667)

Chicken Breast with Herb Gravy, Mashed Potatoes, Peas (550)

Italian Sausage, Peppers & Onions with Tomato Sauce, Green Beans (399)

Beef Bourguignon, Mashed Potatoes, Corn (601)

Stuffed Shells with Tomato Meat Sauce, Broccoli Florets, Zucchini (571)





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

