**Erie County Stay Fit Dining Program**

**Frozen Meals Menu – February 2022**

 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. A roll, 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 February 7th**

Caribbean Chicken Stew, Mashed Potatoes, Broccoli

Hot Dog with Sauerkraut, Seasoned Roasted Potatoes, Carrots

Meatloaf with Swiss Gravy, Mashed Sweet Potatoes, Green Beans

Lasagna Roll with Meat Sauce, California Mixed Vegetables, Spinach

Turkey a la King, Mashed Potatoes, Peas



**Meals for Week of February 14th**

Cheese Omelet with Cheese Sauce, Peppers, Onions & Tomatoes, Tater Tots

Chicken Breast with Gravy, Mashed Sweet Potatoes, Peas

Pasta with Lentil Bolognese Sauce, Broccoli, Zucchini & Yellow Squash

Breaded Pork Chop with Gravy, Lazy Pierogi, Harvard Beets

Teriyaki Beef with Rice & Oriental Mixed Vegetables



**Meals for Week of (Tuesday) February 22nd**

Chicken Piccata with Lemon Caper Sauce, Rice Pilaf, French Bean Medley

Stuffed Shells with Tomato Meat Sauce, Spinach with Mushrooms, Cauliflower

BBQ Pork Ribette, Scalloped Potatoes, Peas

Breaded Fish, Broccoli, Stewed Tomatoes

Hamburger with Gravy, Mashed Potatoes, Brussels Sprouts



*(Menus are subject to change)*



