**Erie County Stay Fit Dining Program**

**Frozen Meals Menu – March 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 28th**

Cheese Tortellini with Chicken and Roasted Red Pepper Sauce, Carrots, Broccoli (462)

Beef Stew, Biscuit, Brussel Sprouts (626)

Veal Patty with Gravy, Sweet Potatoes, Creamy Cabbage with Dill (701)

Breaded Chicken Breast with Gravy, Mashed Squash, Green Bean Casserole (544)

Stuffed Pepper with Meat Sauce, Garlic Mashed Potatoes, Italian Vegetables (596)

**Meals for Week of March 7th**

Polynesian Chicken, California Blend Vegetables, Rice (513)

Sloppy Joe, Seasoned Roasted Red Potatoes, Sliced Carrots (567)

Chicken Breast with Gravy, Mushroom Farro Risotto, Broccoli (545)

Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Peas (639)

Beer Battered Fish, German Potato Salad, Mixed Vegetables (626)



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**Meals for Week of March 14th**

Pasta and Meatballs with Tomato Sauce, Seasoned Spinach (627)

Chicken & Sausage Paella, Fiesta Corn, Broccoli (499)

Cheese Omelet with Cheese Sauce, Diced Potatoes, Harvard Beets (649)

Beef Stew, Mashed Potatoes, Biscuit (703)

Macaroni & Cheese, Zucchini with Tomatoes, Green Beans (584)



**Meals for Week of March 21st**

Turkey a-la king, Mashed Potatoes, Carrots (530)

Chicken Breast with Herb Cream Sauce, Scalloped Potatoes, Peas (558)

Beef Bourguignon, Brown rice, Broccoli (709)

Breaded Chicken Breast with Tomato sauce, Wax Beans, Seasoned Spinach (429)

Beer Batter Fish, Au Gratin Potatoes, Brussel Sprouts (556)



**Meals for Week of March 28th**

 Italian Sausage with Peppers, Onion & Tomato Sauce, Roasted Potatoes, Mix Vegetables (552)

Chili Con Carne, Corn, Rice (841)

Breaded Chicken Breast with Lemon Herb Sauce, Sweet Potatoes, Peas (546)

Corned Beef, Savory cabbage, Steamed Potatoes, Carrots (539)

Veggie Lasagna with Cream Sauce, Italian Green Beans, Cauliflower (611)

(Menus are subject to change)

(Calories in Red – does not include dessert items)