



Erie County Stay Fit Dining Program

December 2021

Frozen Meals Menu



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 December 6th

Ancho Chicken Fajita with Peppers & Onions, Salsa, Spanish Rice, Corn

Stuffed Shells with Tomato Sauce & Mozzarella, Spinach & Mushrooms, Cauliflower

Pork Chop, Gravy, Scalloped Potatoes, Peas

Breaded Fish, Zucchini & Tomatoes, Broccoli

Hamburger with Gravy, Mashed Potatoes, Mixed Veggies



Meals for Week of December 13th

Ham with Pineapple Sauce, Sweet Potatoes, Mixed Veggies

Beef Stew, Biscuit, Brussels Sprouts

Cheese Tortellini with Red Pepper Sauce, Carrots, Italian Mixed Vegetables

Turkey with Gravy, Peas, Butternut Squash

Stuffed Peppers with Tomato Sauce, Mashed Potatoes, Broccoli



Menu Subjected to Changes





Meals for Week of December 20th

Polynesian Chicken with Rice, California Blend Vegetables

Turkey with Gravy, Mashed Potatoes, Stuffing

Sloppy Joe, Diced Potatoes, Carrots

Breaded Chicken with Gravy, Mashed Sweet Potatoes, Peas

Breaded Fish, German Potato Salad, Mixed Veggies



Meals for Week of December 27th

Meatballs, Tomato sauce, Spinach, Cauliflower

Buffalo Breaded Chicken Breast, Fiesta Corn, Broccoli

Turkey with Gravy, Mashed Sweet Potatoes, Peas

Beef Stew, Mashed Potatoes, Biscuit

Pork with Apple Cinnamon Sauce, Mashed Butternut Squash, Green Beans



Menu Subjected to Changes

