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**Erie County Stay Fit Dining Program**

**Frozen Meals Menu – January 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 January 3rd**

Chicken and Sausage Paella, Yellow Rice, Corn

Pasta with Chicken Cream Sauce, Italian Green Beans, Cauliflower

Hamburger with Gravy, Mashed Potatoes, Peas

Breaded Chicken with Herb Cream Sauce, Vegetable Rice Pilaf, Broccoli

Chili con Carne, White Rice, Carrots

**Meals for Week of January 10th**

BBQ Pork Ribette, Cheesy Mashed Potatoes, Mixed Greens

Macaroni & Cheese, Stewed Tomatoes, Peas

Beef Macaroni Casserole, Mixed Vegetables, Corn

Roasted Turkey with Gravy, Mashed Potatoes, Peas

Breaded Veal Patty with Gravy, Dutchess Mashed Potatoes, Italian Green Beans

**Meals for Week of (Tuesday) January 18th**

Cheese Ravioli with Meat Sauce, Summer Squash, Peas

Chicken Fingers, Cheesy Mashed Potatoes, Mixed Vegetables

Beef Pepper Steak over White Rice, Cauliflower

Pork Stew, Garlic Mashed Potatoes, Orange-glazed Carrots

Cheese Omelet with Cheese Sauce, Diced Potatoes, Broccoli

**Meals for Week of January 24th**

Boneless Chicken Breast with Marsala Sauce, Rice Pilaf, Mixed Vegetables

Macaroni & Cheese, Zucchini & Tomatoes, Green Beans

Polish Sausage, Red Potatoes, Au Gratin Broccoli

Tortellini with Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables

Hamburger with Gravy, Scalloped Potatoes, Peas

**Meals for Week of January 31st**

Turkey with Gravy, Mashed Potatoes, Carrots

Beef Pepper Steak Casserole with Rice, Broccoli

Meatballs with Tomato Sauce & Mozzarella, Pasta, Country Cottage Mixed Vegetables

Pork Loin with Cranberry Compote, Sweet Potatoes, Green Beans

Breaded Chicken, Au Gratin Potatoes, Seasoned Mixed Greens

*(Menus are subject to change)*

