**Erie County Stay Fit Dining Program**

**Frozen Meals Menu – May 2021**

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 new Frozen Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack. 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.***

**Meals for Week of May 3rd**

Sliced Turkey with Gravy, Mashed Potatoes, Carrots

Beef Pepper Steak Casserole with White Rice & Broccoli

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

Pork Loin with Cranberry Chutney, Sweet Potatoes, Green Beans

Beer Battered Fish, Au Gratin Potatoes, Stewed Tomatoes & Zucchini



**Meals for Week of May 10th**

Beef Bourguignon, Cauliflower, French Bean Medley

Breaded Chicken Patty with Gravy, Cheddar Mashed Potatoes, Lima Bean Bake

Veal Parmesan with Tomato Sauce & Mozzarella Cheese, Wax Beans, Seasoned Spinach

Chicken Pasta Primavera, Broccoli, Cauliflower

Baked Ham with Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts



**Erie County Stay Fit Dining Program**

**Frozen Meals Menu – May 2021**



**Meals for Week of May 17th**

Chicken Vegetable Casserole with a Biscuit, Broccoli

Hot Dog, Roasted Potatoes, Carrots

Pork Loin with Herb Gravy, Mashed Squash, Cabbage with Dill

Lasagna Roll with Tomato Meat Sauce, California Mixed Vegetables, Green Beans

Hamburger with Swiss Gravy, Mashed Potatoes, Peas with Pearl Onions

**Meals for Week of May 24th**

Chicken Tenders, Tater Tots, Mixed Vegetables

Pork Stew, Mashed Potatoes, California Blend Vegetables

Pork Loin with Gravy, Italian Beans, Cauliflower

Veal Patty, Broccoli, Carrots

Breaded Fish, Mashed Potatoes, Corn









