** Erie County Stay Fit Dining Program**

**Frozen Meals Menu – October 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 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 October 4th**

Italian Sausage with Peppers, Onions & Tomato Sauce, Mashed Potatoes, Mixed Vegetables

Pasta with Chicken & Cream Sauce, Green Beans, Cauliflower

Chicken Breast with Herb Gravy, Sweet Potatoes, Peas

Hamburger with Gravy, Mashed Potatoes, Broccoli

Chili con Carne, White Rice, Carrots

**Meals for Week of October 11th**

Pork Ribette with BBQ Sauce, Cheesy Mashed Potatoes, Seasoned Mixed Greens

Beef Stew with a Biscuit & Brussels Sprouts

Turkey with Gravy, Mashed Potatoes, Peas & Carrots

Beef Macaroni Casserole, California Blend Vegetables, Corn

Breaded Fish, Macaroni & Cheese, Green Beans

**Meals for Week of October 18th**

Cheese Ravioli with Meat Sauce, Peas, Yellow Summer Squash with Red Peppers

Breaded Chicken with Gravy, Carrots, Cauliflower

Hamburger with Gravy, Savory Cabbage, Mixed Vegetables

Bratwurst, Roasted Potatoes, Harvard Beets

Omelet with Creole Sauce, Diced Cheesy Potatoes, Broccoli

**Meals for Week of October 25th**

Chicken Breast with Lemon Caper Sauce, Mushroom Farro Risotto, Carrots

Macaroni & Cheese, Stewed Tomatoes, Green Beans

Polish Sausage with Sauerkraut, German Potato Salad, Broccoli

Tortellini with Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables

Hamburger with Onion Gravy, Scalloped Potatoes, Peas

*(Menus are subject to change)*

