**** **Erie County Stay Fit Dining Program**

**Frozen Meals Menu – September 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 September 7th**

Breaded Chicken Breast with Herb Gravy, Spanish Rice, Brussel Sprouts

Stuffed Shells with Meat Sauce, Spinach & Mushrooms, Cauliflower

Pork Ribette with BBQ Sauce, Scalloped Potatoes, Peas with Red Pepper

Beer Battered Fish, Broccoli, Zucchini & Tomatoes

Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetables

**Meals for Week of September 13th**

Ham with Pineapple Sauce, Sweet Potatoes,

Creamy Dill Cabbage

Beef Stew with a Biscuit & Brussels Sprouts

Cheese Tortellini with Cheese Sauce, Italian Mixed Vegetables, Carrots

Turkey with Gravy, Mashed Squash, Green Bean Casserole

Pasta with Savory Meat Sauce, Garlic Mashed Potatoes, Peas & Corn with Peppers

**Meals for Week of September 20th**

Polynesian Chicken with Rice, California Mixed Vegetables

Sloppy Joe, Broccoli Cheese Rice Casserole, Carrots

Roast Beef with Gravy, Cheesy Mashed Potatoes, Green Beans

Omelet with Cheese Sauce, Cauliflower, Harvard Beets

Beer Battered Fish, German Potato Salad, Mixed Vegetables

**Meals for Week of September 27th**

Meatballs with Tomato sauce, Cauliflower, Seasoned Spinach

Breaded Buffalo Chicken, Fiesta Corn, Broccoli

Turkey with Gravy, Mashed Sweet Potatoes, Peas

Breaded Chicken Drumsticks, Green Beans, California Mixed Vegetables

Roast Pork with Cinnamon Apples, Mashed Potatoes, Carrots

*(Menus are subject to change)*

