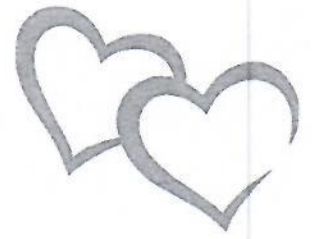




**Erie County Stay Fit Dining Program  
Frozen Meals Menu – February 2021**



The Erie County Stay Fit Dining Program is pleased to offer the 3- or 5-pack varieties of Frozen Meals through the new Frozen Meal Program. The 3-pack meals will have some combination of the meals offered in the 5-pack. A roll, milk and dessert are included with each meal.

**Meals for Week of February 1<sup>st</sup>**

Turkey with Gravy, Mashed Potatoes, Carrots

Beef Pepper Steak Casserole, Broccoli, Waxed Beans

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

Pork Loin with Gravy, Sweet Potatoes, Green Beans

Breaded Chicken Patty, Au Gratin Potatoes, Seasoned Mixed Greens

**Meals for Week of February 8<sup>th</sup>**

Veal Parmesan with Tomato Sauce, Seasoned Spinach, Waxed Beans

Panko-Breaded Chicken Thigh, Cheddar Mashed Potatoes, Lima Bean Bake

Beef Stroganoff, Brown Rice, Cauliflower

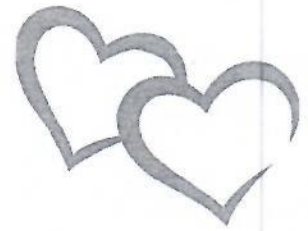
Chicken Pasta Primavera, Italian Green Beans, Carrots

Ham Steak with Maple Glaze, Scalloped Potatoes, Brussels Sprouts

**Seniors can order 3,5,6,8 or 10 packs per week, per person of the frozen meals. All orders need to be called in to the Evan Senior Center by each Wednesday before NOON. The contact number for center is # 947-0974.**



**Erie County Stay Fit Dining Program  
Frozen Meals Menu – February 2021**



**Meals for Week of February 15<sup>th</sup>**

Chicken Casserole, Broccoli, Biscuit

Hot Dog with Baked Beans, Roasted Potatoes, Carrots

Pulled Pork with Herbed Gravy, Cream of Potato Soup, Green Beans

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

Meatloaf with Swiss Gravy, Mashed Potatoes, Peas

**Meals for Week of February 22<sup>nd</sup>**

Cheese Omelet with Cheese Sauce, Tater Tots, Mixed Vegetables

Chicken Breast with Gravy, Mashed Sweet Potatoes, Peas

Baked Rigatoni with Italian Sausage & Tomato Sauce, Cauliflower, Zucchini

Breaded Pork Chop with Gravy, Lazy Pierogi, Carrots

Teriyaki Beef Stew, Broccoli, Oriental Mixed Vegetables

**Seniors can order 3,5,6,8 or 10 packs per week, per person of the frozen meals. All orders need to be called in to the Evan Senior Center by each Wednesday before NOON. The contact number for center is # 947-0974.**