

Erie County Stay Fit Dining Program Ken Ton



December 2022 Frozen Meals



The Erie County Stay Fit Dining Program Frozen Meals Program Ken Ton is pleased to offer the 5 pack variety of Frozen Meals. During December 2022, the following entrees are planned to be included in the 5 pack. Please note the weekly 5 pack entrees are subject to change. Each entrée comes with vegetable, bread, milk and dessert. The date on the meal is the date on which it is prepared and frozen. Meals include a nutritious variety of foods to enjoy! The 5 Pack Frozen Meals are picked up on the Monday, unless Monday is a holiday, then pick up is Tuesday. Please remember that a contribution of \$3.00 per meal (\$15.00 per 5 pack) is suggested, but any amount is appreciated and goes towards the meals. Thank you in advance for your contribution!

Monday, December 5 Low Sodium Ham & Scalloped Potatoes, Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella, Baked Cod with Mango Salsa, Turkey a la King, Sausage Jambalaya

Monday, December 12 Turkey Chili with Cheddar Cheese, Breaded Fish with Lemon Cream Sauce, Italian Sausage with Peppers & Onions & Tomato Sauce, Chicken Parmesan, Meatloaf with Low Sodium Gravy

Monday, December 19 Roast Turkey with Low Sodium Gravy, Steakette Burger with Low Sodium Gravy, Lasagna with Meat Sauce, Pork Ribette with Barbecue Sauce, Breaded Fish Patty

Tuesday, December 27 Cheese Ravioli with Tomato Meat Sauce, Chicken Cordon Bleu with Hollandaise Sauce, Sliced Roast Beef with Low Sodium Gravy, Breaded Fish, Turkey with Low Sodium Gravy or Chef's Choice

