

Erie County Stay Fit Dining Program Ken Ton

January 2023 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 January 2023, 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. 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!

Tuesday, January 3rd Chicken Breast with Hollandaise Sauce, Polish Sausage with Sauerkraut, Homemade Goulash, and two Chef's Choice

Monday, January 9th Baked Chicken, Beef Stroganoff, Garlic & Spinach Shrimp, Low Sodium Ham Steak, Chef's Choice

Tuesday, January 17th Turkey Breast with Gravy, Salisbury Steak with Gravy, Meatballs with Pasta, Roast Pork with Low Sodium Gravy, Breaded Tilapia

Monday, January 23rd Breaded Fish with Lemon Cream Sauce, Chicken Biscuit Pie, Meatloaf with Low Sodium Gravy, Lasagna with Meat Sauce, Chef's Choice

Monday, January 30th Breaded Pork Chop with Low Sodium Gravy, Baked Rigatoni with Italian Link Sausage & Sauce, Battered Fish, Boneless Chicken Breast, Seasoned Beef Strips

