

Erie County Stay Fit Dining Program Ken Ton



March 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 March 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, March 6 Low Sodium Ham and Scalloped Potatoes, Barbecue Pulled Pork, Turkey a la King, Sausage & Chicken Jambalaya, Tuna Noodle Casserole

Monday, March 13 Beef Chili con Carne, Salisbury Steak with Low Sodium Gravy, Breaded Pork Chop with Low Sodium Gravy, Chicken Parmesan, Baked Macaroni & Cheese with Broccoli

Monday, March 20 Roast Turkey with Low Sodium Gravy, Steakette Burger with Low Sodium Mushroom Gravy, , Lasagna with Meat Sauce, Hot Corned Beef with Cabbage or Chef's Choice, Breaded Fish

Monday, March 27 Cheese Ravioli with Tomato Meat Sauce, Chicken Cordon Bleu, Sliced Roast Beef with Low Sodium Gravy, Pork Chop with Low Sodium Gravy, Stuffed Shells with Tomato Sauce

