

Town of Tonawanda Senior Center/Erie County Stay Fit Dining Program

June 2021 Frozen Meals



The Erie County Stay Fit Dining Program Frozen Meals Program & Town of Tonawanda Senior Center is pleased to offer the 5 pack variety of Frozen Meals. During June 2021, 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.

Tuesday, June 1 Sweet and Sour Chicken, Braised Pork, Turkey Breast with Gravy, Shepherd's Pie, Chef's Choice

Monday, June 7 Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Baked Cod with Mango Salsa, Turkey a la King, Sausage Jambalaya, Chef's Choice

Monday, June 14 Turkey Chili with Cheddar Cheese, Breaded Fish, Italian Sausage with Peppers & Onion, Homemade Macaroni & Cheese with Bacon, Meatloaf with Gravy

Monday, June 21 Roast Turkey with Gravy, Pork Ribette with BBQ Sauce, Lasagna with Meat Sauce, Steakette Burger with Mushroom Gravy, Pulled Pork Slider

Monday, June 28 Cheese Ravioli with Tomato Meat Sauce, Chicken Cordon Bleu, Roast Beef with Gravy, Salmon Filet, Bratwurst with Baked Beans

