

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



### May 2021 Frozen Meals



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

**Monday, May 3** Breaded Pork Chop with Gravy, Baked Rigatoni with Italian Sausage & Tomato Sauce, Breaded Fish, Chicken Breast with Gravy, Seasoned Beef Strips

**Monday, May 10** Pot Roast, Herb Crusted Tilapia, Pork Ribette with Barbecue Sauce, Stuffed Shells with Tomato Meat Sauce & Mozzarella Cheese, Apricot Chicken

**Monday, May 17** Turkey Breast with Gravy, Beef Stew, Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Low Sodium Ham Steak with Pineapple Glaze, Salmon Filet

**Monday, May 24** Stuffed Pepper with Tomato Meat Sauce, Polynesian Chicken, Sliced Roast Beef with Gravy, Herb Crusted Tilapia, Barbecue Pulled Pork

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

