

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

### September 2021 Frozen Meals



Erie County Stay Fit Dining & The Town of Tonawanda Senior Center are pleased to offer a 5 pack of a variety of Frozen Meals. During September 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. 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, August 30** BBQ Chicken Bites, Braised Pork with Warm Cinnamon Apples, Roast Turkey with Gravy, Shepherd's Pie, Rotini with Meatballs & Tomato Sauce

**Tuesday, September 7** Low Sodium Ham & Scalloped Potatoes, Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Baked Cod with Mango Salsa, Turkey a la King, Bratwurst with Baked Beans

**Monday, September 13** Breaded Fish with Lemon Cream Sauce, Italian Sausage with Peppers, Chicken Parmesan with Tomato Sauce, Meatloaf with Gravy, Chef's Choice

**Monday, September 20** Roast Turkey with Gravy, Pork Ribette with Barbecue Sauce, Lasagna with Meat Sauce, Steakette Burger with Mushroom Gravy, Breaded Fish Patty

**Monday, September 27** Cheese Ravioli with Meat Sauce, Chicken Cordon Bleu, Sliced Roast Beef with Gravy, Salmon Fillet with Creamy Dill Sauce, Hamburger with Baked Beans

