NOVEMBER FROZEN MEALS

Erie County Stay Fit Dining Program

The Erie County Stay Fit Dining Program is pleased to offer Frozen Meals to take home!

- Meals come in packs of 3 @ $10.50 or packs of 5 @ $17.50.
- Meals are picked up on Mondays from 9am to 10am at the Evans Senior Center.
- Each meal includes milk, bread, butter & dessert.
- The 3 pack is a random selection from that week's meals, you do not get to pick.

A contribution of $3.50 per meal is suggested. However, any amount is appreciated and goes directly to supporting the Frozen Meal Program. Thank you for your contribution!

Meals to be picked up on Monday, November 2:

Beef Pepper Steak Casserole, White Rice, Carrots (572)

Pork Loin with Cinnamon Apples, Sweet Potatoes, Green Beans (509)

Chicken Breast with Marsala Sauce, Garlic Mashed Potatoes, Peas with Pearl Onions (516)

Breaded Chicken Cutlet with BBQ Sauce, Mashed Potatoes, Peas (675)

Stuffed Shells with Tomato Meat Sauce, Cauliflower, Spinach (524)

Meals to be picked up on Monday, November 9:

Turkey a la King, Mashed Potatoes, Carrots (544)

Italian Sausage with Tomato Sauce, Rigatoni, Blended Vegetables (601)

Taco-seasoned Beef, Fiesta Corn, Broccoli Florets (512)

Baked Ham with Pineapple Sauce, Scalloped Potatoes, Brussels Sprouts (506)

Breaded Chicken Cutlet with Gravy, Duchess Potatoes, Green Beans with Peppers (637)

Meals to be picked up on Monday, November 16:

Beef Macaroni Casserole, Green Beans, Cauliflower (637)

Hot Dog with Baked Beans, Macaroni & Cheese, Carrots (618)

Chicken Breast with Red Pepper Cream Sauce, Mashed Potatoes, Broccoli (493)

Beef Bourguignon, Ranch Mashed Potatoes, Brussels Sprouts (567)

Breaded Fish Patty, Cheesy Broccoli & Rice, Country Mixed Vegetables (582)

Meals to be picked up on Monday, November 23:

Mediterranean Chicken Casserole, Yellow Rice, Broccoli Florets (609)

Pork Loin with Gravy, Scalloped Potatoes, Vegetable Medley (563)

Cheese Omelet with Creole Sauce, Tater Tots, Green Beans (570)

Stuffed Shells with Tomato Meat Sauce, Peas, Cauliflower (612)

Hamburger with Gravy, Mashed Potatoes, Vegetable Blend (611)

Meals to be picked up on Monday, November 30:

Sloppy Joe, Tater Tots, Mixed Vegetables (622)

Polynesian Pork Casserole, White Rice, Broccoli Florets (565)

Lasagna Roll with Tomato Meat Sauce, Cauliflower, Carrots (566)

Chicken Breast with Marsala Sauce, Garlic Mashed Potatoes, Green Beans (493)

Taco-seasoned Beef, Spanish Rice, Fiesta Corn (584)

**Daily calorie totals include bread, butter and milk but NOT dessert.*
**If you have a food allergy, please notify us.*

Meals must be ordered the TUESDAY before pick-up day.

Evans Senior Center @ 716-947-0974
999 Sturgeon Point Road, Derby