



Erie County Stay Fit Dining Program Ken Ton February 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 February 2023, 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, February 6 Salisbury Steak with Low Sodium Gravy, Breaded Tilapia, Pork Ribette with Barbecue Sauce, Stuffed Shells with Tomato Meat Sauce & Mozzarella, Baked Chicken Breast with Low Sodium Gravy

Monday, February 13 Turkey Breast with Low Sodium Gravy, Beef Stew, Chicken Cordon Bleu or Chef's Choice, Low Sodium Ham Steak, Stuffed Pepper

Tuesday, February 21 Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Hot Bruschetta Chicken or Chef's Choice, Sliced Roast Beef with Low Sodium Gravy, Breaded Tilapia, Breaded Pork Chop with Low Sodium Gravy

Monday, February 27 Scrambled Eggs with Peppers & Onion & Cheese or Chef's Choice, Baked Cod with Mango Salsa, Shepherd's Pie, Cheesy Lasagna, Chef's Choice

