

## Erie County Stay Fit Dining Program Ken Ton

### June 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 June 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 on 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, June 5** Barbecue Pulled Pork, Baked Cod with Mango Salsa, Turkey a la King, Chicken & Sausage Jambalaya, Chef's Choice

**Monday, June 12** Beef Chili with Cheddar Cheese, Breaded Fish, Italian Sausage with Peppers & Onion, Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Meatloaf with Gravy

**Tuesday, June 20** Roast Turkey with Gravy, Pork Ribette with BBQ Sauce, Lasagna with Meat Sauce, Steakette Burger with Mushroom Gravy, Pulled Pork Slider

**Monday, June 26** Chicken Cordon Bleu, Roast Beef with Gravy, Philly Macaroni & Cheese, Bratwurst with Baked Beans, Chef's Choice

