

## Erie County Stay Fit Dining Program Ken Ton

### August 2022 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 August 2022, 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 1** Breaded Pork Chop with Gravy, Baked Rigatoni with Italian Sausage & Tomato Sauce, Baked Fish, Chicken Breast with Gravy, Seasoned Beef Strips & Rice

**Monday, August 8** Pot Roast, Baked Fish, Pork Ribette with BBQ Sauce, Stuffed Shells with Tomato Meat Sauce & Mozzarella Cheese, Chicken Breast with Gravy

**Monday, August 15** Turkey Breast with Gravy, Beef Stew, Stuffed Pepper with Tomato Meat Sauce, Ham Steak with Pineapple Glaze, Chef's Choice

**Monday, August 22** Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, BBQ Pulled Pork, Roast Beef with Gravy, Herb Crusted Tilapia, Polynesian Chicken

**Monday, August 29** Sweet & Sour Chicken, Braised Pork with Warm Cinnamon Apples, Turkey Breast with Gravy, Shepherd's Pie, Rotini with Meatballs & Tomato Sauce

