

## Erie County Stay Fit Dining Program Ken Ton

### March 2021 Frozen Meals



The Town of Tonawanda Senior Center and Erie County Stay Fit Dining Program is pleased to offer a 5 pack variety of Frozen Meals. During March 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. 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.

**Monday, March 1<sup>st</sup>** Buffalo Style Chicken, Braised Pork with Cinnamon Apples, Turkey Breast with Gravy, Breaded Fish, Chef's Choice

**Monday, March 8<sup>th</sup>** Low Sodium Ham & Scalloped Potatoes, Meatballs with Tomato Sauce, Mozzarella Cheese & Pasta, Chicken Breast with Cranberry Chutney, Turkey a la King, Egg Omelet with Tomato, Spinach & Feta Cheese

**Monday, March 15<sup>h</sup>** Turkey Chili Con Carne, Pork Loin with Gravy, Italian Sausage, Peppers & Onion with Tomato Sauce, Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese, Rainbow Trout

**Monday, March 22<sup>nd</sup>** Roast Turkey with Gravy, Homemade Macaroni & Cheese with Bacon, Corned Beef with Cabbage, Pork Ribette with Barbecue Sauce, Stuffed Shells with Tomato Sauce & Mozzarella Cheese

**Monday, March 29<sup>th</sup>** Chicken Cordon Bleu, Cheese Ravioli with Tomato Meat Sauce, Sliced Roast Beef with Gravy, Bratwurst with Baked Beans, Breaded Fish

