

Town of Tonawanda Senior Center/Erie County Stay Fit Dining Program

October 2022 Frozen Meals



The Town of Tonawanda Senior Center & Erie County Stay Fit Dining Program are pleased to offer the 5 pack variety of Frozen Meals. During October 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, October 3 Beef Pepper Steak Casserole, Chicken Breast with Hollandaise Sauce, Polish Sausage with Sauerkraut, Homemade Goulash, Chicken Breast with Marsala Sauce

Tuesday, October 11 Baked Rigatoni with Ground Beef, Tomato Sauce & Mozzarella Cheese, Baked Chicken, Beef Stroganoff, Garlic, Lemon & Spinach Shrimp, Low Sodium Ham Steak

Monday, October 17 Salisbury Steak with Onion Gravy, Chicken Gumbo, Roast Pork Loin with Cranberry Chutney, Breaded Tilapia with Sauce, Chef's Choice

Monday, October 24 Breaded Chicken with Lemon Dill Sauce, Roast Pork Loin with Gravy, Chicken Biscuit Pie, Meatloaf with Low Sodium Gravy, Lasagna with Meat Sauce

Monday, October 31 Breaded Pork Chop with Low Sodium Gravy, Baked Rigatoni with Italian Sausage & Tomato Sauce, Battered Fish, Chicken Breast with Low Sodium Gravy, Seasoned Beef Strips

